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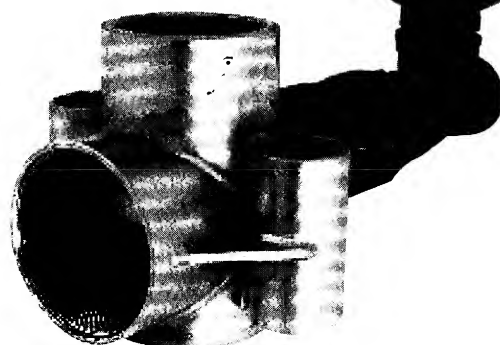
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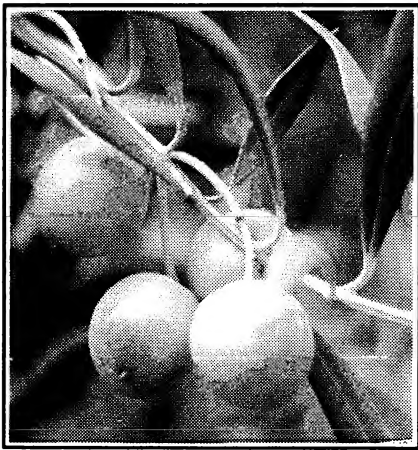
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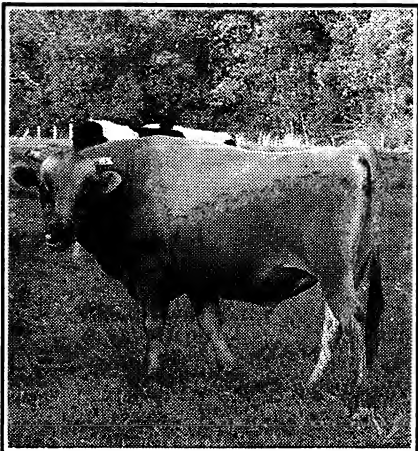
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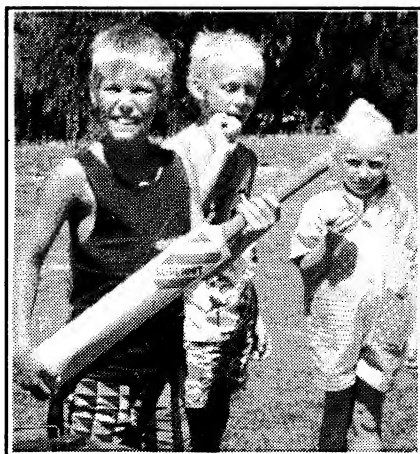
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## COVER PHOTOS

**Front Cover:** Poultry need special care in hot weather. Suni Miller admires this healthy Light Sussex at Collingwood Children's Farm. Learn how to keep your flock in top condition through the summer, see page 23. Photo by Marcel Aucar.

**Back Cover:** A bull calf in the herd might look cute, but grows up to be powerful, and potentially dangerous. Always be on your guard around bulls. June Birkett shares her experienced advice on page 53.

Edited by Megg Miller and Mary Horsfall.

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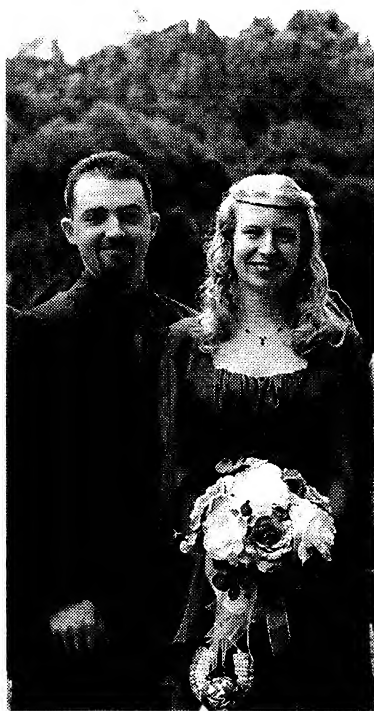
We've been appalled by the severity of the bushfires in NSW and the destruction they've caused and hope readers from the many areas involved were able to minimise the risks with careful preparation. It probably doesn't matter how often we listen to reports on the radio or watch graphic TV coverage, a little voice inside generally pops up saying 'No, it could never happen to me!' This shouldn't make any one of us complacent about implementing a fire plan or making home and property as safe as possible. The current fires have brought home the fact that many of us live in hot dry country with highly volatile eucalypts and a lot of combustible ground cover. When weather conditions are right and fire occurs, it can be virtually unstoppable. The Ash Wednesday fires have never been forgotten in Victoria, and they too showed that neither rural nor urban inhabitants were safe. Our thoughts are with those caught in the recent maelstrom struggling with the aftermath of desolation and loss. The emotional scars and material loss will take time to come to grips with and we hope those fortunate to live outside the affected areas may be able to contribute to the rebuilding of individual and community life.

Bushfire has struck closer to home here. David, who has a property some 30 minutes away from the office, suffered a bushfire that raced through much of it on one of the few hot days we've had this summer. He and his partner Sylke have a small vineyard and run sheep to keep the grass down. They lost a few acres of vines plus most of the grass and fencing on the farm, as did several neighbours. This fire started on the side of the road and with the good spring much of Victoria enjoyed there is an awful lot of dried grass around just waiting for a spark. Let's hope the remainder of summer is fire free.

We received some lovely feedback in response to the GR wedding stories and one in particular struck a chord. Michelle Cutafiore is looking forward to marrying her soul mate in the near future but at present is recovering from a most horrific car accident caused by

a drunk driver. Her injuries were substantial but she wrote that with the love of her wonderful partner Troy she's on the road to recovery. 'I just want to thank him from the bottom of my heart. I know your magazine was his life saver during the many times he was stuck in hospital with me over a three-month period. To all GR readers, love your partners like there's no tomorrow and remember, the best things in life are free!' We wish Michelle a pain-free life ahead and years of happiness with her wonderful partner.

She was generous too, in congratulating our in-house bride Sabrina on her imminent marriage. Well, we followed the preparations as they unfolded, the options for a perfect cake, the bride and bridesmaid's flowers, and cajoled Sabrina for hints about the medieval sounding purple wedding dress. From Suni's enthusiastic report and the lovely photos, our bride looked just stunning. The honeymoon was planned for the New Year, not our most auspicious time with deadlines in the middle of the month, but I think we all moved mountains within our specialist jobs to ensure Sabrina could get away



Our GR bride Sabrina and groom Daniel.

and have a romantic week's holiday. I know you will all join with us in wishing her and partner Daniel a very happy life together.

Sadly, before the festive season we received news of the death of a very talented and unique person who contributed greatly to the very early issues of this magazine. Renate Schmidt was 78, and wrote to us after the first GR was published saying that as she had come from the snow country near the Baltic Sea, she had been involved with spinning and old crafts since childhood. 'I may be able to contribute to your magazine one day.' Indeed she did, her contributions, 'A Letter from Renate', evoking much interest. Long-term readers will remember Renate's introductory piece on muesli (what, we wondered in 1975, was muesli?), her recipes and inspiring craft projects. Our condolences to her family and friends.

After much deliberation, we've decided this issue will be the last to feature the Contacts section. They served an important role in bringing like-minded people together when first featured, but we're sure you'll understand that with tighter legislation governing what is or isn't permitted in advertising, plus the increased opportunities offered in local newspapers and on the Internet for meeting soul mates, we feel it's time to discontinue the service. Numerous couples came together as a result of the Contacts, a few making marriages made in heaven. They were lively and interesting and led us to much speculation about the elements of happy relationships.

Our cover this issue features the sensational Suni. We wanted a picture that dealt with a pertinent topic, and conveyed the joy and happiness that's associated with the summer holidays. We were very lucky that some top models were strutting their stuff just a few blocks from where Suni lives - I'm referring to the Light Sussex hens at Collingwood Children's Farm. It's one of my favourite places in Melbourne, with enviable gardens and quiet old-fashioned livestock. Thanks to the team for our visit, and to the very cooperative hen. Bet she cops a pecking for this! 🐔

# The House-Sitting Experience

by Marlene Chesney, Glen Waverley, Vic.

**Caretaking, or house sitting, is an ideal way to learn the practical skills needed for life on the land, and to find out if this is really the life for you. Now back in Victoria, Marlene and husband Chris look back on their valuable experience of house sitting in the Albany area of WA.**

We'd been travelling around Australia for two years in our caravan, and spent the summer of 2000/01 in Albany, WA. Feeling a bit confined in our van, I decided to find some alternative accommodation. I started looking in the local papers under 'Houses to Rent' and there I found an advertisement: 'House Sitter Wanted' for school holidays. So for six weeks we lived in a converted shed on 54 acres. It was only 15 minutes' drive from Albany and we cared for two dogs, a rabbit, twenty beef cattle, three sheep and three horses. The large steel shed had been the family's temporary home for four years while they saved to build a rammed earth house. The shed was fitted out with a bathroom/laundry, kitchen and lounge room downstairs, and a huge upstairs bedroom for the parents and two children. After the close proximity of humanity in caravan parks, we had room to move, and, for the first time in our lives, no neighbours close by.

We had only ever lived in the suburbs of Melbourne on much less than the quarter-acre block. Prior to leaving Melbourne we had been renting, so it was easy to put our furniture and possessions into storage and set off. Our time on the property was very enjoyable, our first experience of country living.

Running through the property was a fresh-water creek and the King River. The dogs would take us for walks, passing under the many gum trees and paperbarks. In the evenings one dog would run off chasing rabbits, but only once was one caught and brought back to us. Every few days a seven-centimetre long frog would come into the house, often spending its day sitting in the dark corner next to the TV. At night it was sighted on the rim of the dogs' water bucket, or moving upstairs to the bedroom.

The house relied on rainwater, which was collected in a 50,000-litre concrete tank. After the chemically treated town bore water, the rainwater was delicious and so crystal clear. It had been very dry in Albany and there was only about 60 centimetres of water in the tank. Town water could be brought in if needed, but we decided to conserve as much water as possible and see if we could last out the six weeks with what we had. It was a challenge for us. In the city water is rarely considered the valuable resource it should be. We scrounged everywhere for various buckets and containers and were able to collect fourteen 10-litre buckets of water from one washing machine cycle! As the bathroom and laundry were combined, we used this grey water for flushing the toilet.

Water for the few fruit trees and pot plants was pumped by a windmill near the creek, through pipes to a water tank near the house. On one of our walks

around the property my husband Chris noticed that the windmill shaft appeared wobbly. On further inspection he found that a piece of metal connecting the two pieces of timber which made up the shaft had rusted through. Having been a plumber in a past life, Chris soon made a replacement piece in the workshop, climbed halfway up the windmill, and, while wedged up there in the frame, bolted the metal to the two pieces of shaft timber. I stood below in case he fell!

Two hundred native trees had been planted along a fenceline, and our job was to water them twice a week. No handy taps or hoses here! I drove the ute down to the creek, parking on the bridge. From the back of the ute, Chris lowered a large-diameter hose into the creek, pulled the cord of a temperamental motor, and, after much smoke and spluttering, water eventually started pumping into the truck-mounted 1000-litre tank. We then drove across



Muscovy ducks were part of the poultry population on our second house sitting property near Albany, WA.

the property to the trees and Chris walked slowly alongside the moving ute watering the trees. This setup was the same as on a fire truck.

My new gadget was a breadmaker. Now, I'd never even made bread the 'old-fashioned' way, and I expect the bakers amongst you will scoff, but I enjoyed making multigrain and raisin loaves, and we both enjoyed eating them. Discovering the difference that 10 percent soya flour made to the crust was great – it became golden brown and crisper.

Lying in bed in the loft, we looked up to the wooden beams and corrugated iron roof. The ascetics were lacking! On a visit to the local op shop, I bought two floral double bed sheets, which Chris and I sewed together on their short sides. We then tacked one end of the sheet to a beam with drawing pins, letting the sheet drape, before attaching the next section to the next beam. This continued until the last odd length of sheet hung down the wall near our heads. The overall effect was of a gypsy's boudoir and very pleasant to the eye. As the bed mattress was too soft for us, we ended up sleeping very comfortably on the bed base only.

The bathroom handbasin was in a dark corner with the brown backs of the lining boards visible. Chris lined the corner by tacking on a white sheet, and it became light and bright and suitable for shaving.

We had a great time on this property



We had room to move, and no human neighbours close by.



We enjoyed our first experience of poultry keeping, egg collecting was especially exciting.

and were sad to say goodbye to the dogs. The list of things we learnt from this house sitting was varied – from electric fences to rainwater collection, windmills and pumps. Also, just the thought required not to forget anything when doing the shopping. No shop around the corner, but a 15-minute drive away.

After returning to the caravan park, we nearly headed for Melbourne, but as it was only the beginning of February and still hot there, we decided to try and find another house to sit. I visited all the real estate agents in town, leaving my details. Two weeks later, a lady rang wanting a house sitter later in the year for six months. In an art class I attended I also mentioned what I was seeking, and from that got another possible position for the Albany winter.

But it was in the caravan park laundry that I found our next position. While waiting for a washing machine to become available I chatted to a woman who came from Albany, but had been caravanning around Australia for a year. Her daughter and fiancé had been minding the parents' property, but the daughter was about to get married and the parents and the couple were all off together on a month's honeymoon. A house sitter was needed. There were fowl, dogs and cats to be cared for. After visiting the property and meeting the animals we decided to accept the position.

This time we were in a small fibro-cement house on 40 acres, with a 300-tree orchard, views out to the

Porongurups, and a 30-minute drive to Albany. There were twenty-five hens, ten pullets, two roosters, ten Muscovy ducks, ten guinea fowl, four quail, four cats and one dog to be cared for. Sheep in an adjacent paddock roamed freely and had plenty of dam water.

We had a couple of weeks to wait before we moved in. In this time I frequented the Albany library, borrowing books on chooks. I have fond memories of collecting eggs from a neighbour's chooks in my childhood, and peering into a huge wooden box filled to the brim with wheat.

After reading about the basic requirements of chooks, we were distressed by the living conditions of those under our care. Several of the metal nesting boxes had rusted through and most had little or no straw in them. I made enquiries about the purchase of straw, but in the end was directed to a wood yard, where I collected large bags of sawdust for 50 cents each. To patch the holes in the metal nesting boxes, we cut up old waxed cardboard cartons and placed them on the bases. Chris then filled up the boxes with a luxurious bed of sawdust. Chris found it easy to scoop up the daily droppings that attached to the sawdust to ensure that the eggs were kept clean.

Egg collection was quite exciting for us both and we did it together at 11am and 5pm. On one occasion a chook laid an egg straight into my hand. I could even see the clear liquid which coated the egg, but which





The poultry free-ranged around the property, eating fallen fruit in the orchard and fertilising the grass around the house.

instantly evaporated. The chooks free-ranged during the day and were able to feed throughout the orchard on the dropped apples, pears and figs, and on the grass surrounding the house. The speed at which the chooks devoured their food amazed us and the fact that much of this nutrition went into the production of yummy eggs seemed a small miracle. I collected waste lettuce leaves from one supermarket, but another said it was against health regulations to give food scraps! Wheat was fed morning and evening and I was concerned about overfeeding them. I later learned that chooks require much energy in a day and can't be overfed.

We had read that chooks could stop laying if major changes were made to their diet, but these ones seemed happy and continued to lay between 10 and 14 eggs a day. Our diet now included a couple of omelettes a week, and the lightness of them and the rich orange coloured yolks were very noticeable.

I was surprised that the fruit trees were so bountiful, as the ground was stony and there had been little rain for months. Apparently, underground water was the reason the trees survived. My favourite tree was a mandarin tree with fruit the size and appearance of cumquats. They were full of flavour and so sweet! Unlike anything from the greengrocer.

On this property were two small

dams. One of the jobs was to pump water from the low dam to the high dam near the house. This water was used for flushing the toilet and for watering the orchard. Rainwater was used for all other household needs and there was a solar hot water service with an electric booster.

While 'sitting' at the second house, the family from the first house recommended us to friends for six weeks house sitting starting in August. Probably we could have house sat for the majority of the year in Albany, but we wanted to return to Melbourne to see our families.

Our time on both properties was very enjoyable, but the constant responsibility and demands of caring for animals was highlighted. Whether we had one dog, one chook or many, we had to be there to care for them. House sitting reminded me of 'work experience' which is done in secondary schools. It gave us the opportunity to see if we would like the country life, without any financial outlay. References for future use were obtained from these positions.

We headed back to Melbourne with some free-range eggs and containers of rainwater. Probably we'll rent in country Victoria, or maybe look for a caretaking position, or long-term house sitting. One thing we know for certain, wherever we go, GR will continue to be our constant companion and inspiration. ♻



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# Home Literacy Help

by Barbara Dykes, Kalbar, Qld.



Many parents, and even teachers, get very frustrated with trying to help children learn spelling lists and read well. They can parrot spellings accurately on Wednesday and Thursday evening and then get them wrong in the test on Friday. Whether we want to home school or help our school-aged children, we face the same hurdles deciding how to start, and how to avoid resistance from equally frustrated children. Even newly trained teachers are heard to bemoan that they have completed three (or even four) years of training yet don't know what to do on their first day in the classroom. Perhaps you teach some letters first – or try teaching some whole words? But as soon as you try to write even a single sentence you are faced with words like 'the', and soon 'table', 'chair', 'bear' etc. How do you cope with these? We have all seen the difficulties that arise with expecting all children to be able to

memorise whole words without any word-attack strategies.

This was the problem that I encountered when teaching my own small children while living on an isolated property. I had tried the Doman Teach Your Baby to Read method – holding up the card 'Mummy', then 'Daddy'. This had worked all right, but then the idea was to attach the word labels to various household items. We tried 'chair', but my son insisted it was a 'seat'. Should I make another label? We tried with 'table'; but should it go on a leg or on the top which he was too small to see over properly? I gave up after the word 'toilet', having stuck the sign in the conventional way on the door! 'That's a door,' said my son. I pondered where else I could attach it and a vision of paper labels, grubby and torn, flapping from objects all around the room flashed before my eyes. I soon realised, however, that

even without such incongruities my son didn't seem in the least bit interested anyway.

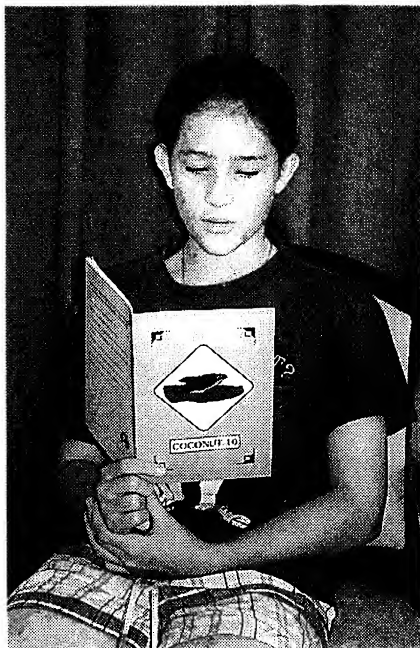
At this point I was experiencing the same confusion as was Dorothy in the 'Wizard of Oz' – 'But I don't know how to start for Emerald City'. My answer, too, echoed that of the Good Witch of the North: 'It's always best to start at the beginning, and then just follow the yellow brick road.' The beginning was clearly visible and the first steps were small and close together. So, step by step Dorothy embarked upon her journey. Yes, there were hurdles on the way, but still she kept to the yellow brick road and, like Dorothy, our students have someone to help and guide them. Some of the answers may even seem like magic too.

The word 'discipline' comes from Latin and means training or putting into order. Having first been used for religious and military purposes, the

term came to be applied to academic studies, by which we assemble or put order into a mass of information. We do this through a process of classifying and organising material into its simplest elements. Our brains are computers – superior to any man can devise – but just like computers they must be programmed carefully step by step, from the simple to the complex.

As children experience their first formal instruction, we must take into account the way by which they learn. We know that children, mentally as well as physically, come in all shapes and sizes. Some, predominantly females, tend to be more right-brain learners – visual, imaginative and intuitive. While others, and boys are more likely to fall into this category, are left-brain logical and analytical thinkers. So whole-word visual memory tasks are easier for most girls, while most boys prefer to reason and need answers to ‘Why?’. For them guessing is frustrating. Again, many of us respond better to auditory activities such as sound practice and performing listening tasks, and yet others to kinetic stimuli to do with energy and movement, such as drawing letter shapes in the air, in sand or on a large blackboard. In a class of 25 students every learning style or combination of styles may be encountered. Phonic and language instruction lend themselves to an unlimited range of appropriate strategies and activities allowing for the shorter attention span of beginners, or of older students who have previously had difficulty with concentration.

We need to take into account, also, the nature of our English language, because what on the face of it seems irregular and confusing can actually be dealt with easily. We have three distinct spelling categories in our single language. By classifying words we show the logic behind the confusion and we can structure our teaching in a systematic way. Along the way students realise that our language and spelling have to do with our culture and history. Explanations about where our words have come from and why they sometimes have unusual spellings is interesting to most of us, but particularly to boys who prefer ‘real life stuff’ to fantasy, and to students who have experienced learning difficulties because it provides them



Most girls are right-brain learners, finding whole-word visual memory skills easier than do many boys who are left-brain dominant.

with memory support.

We all need that help to get started. Quantum Literacy (which many of you would have known formerly as the Language Foundation of Australia) has worked for many years with parents and students, discovering with them the ways that they learnt best. The result is an exciting program that is easy to follow, requires no special training, and motivates even the most ‘turned off’ student on the patterns of English. These form three distinct categories, the first and basic one of which is also the simplest. It is based on the patterns of Early English and covers up to 50 percent of our most common everyday words. These are easily taught, starting with single letter-sound correspondences, then sequencing to form syllables and words. Next come a few letter combinations such as ‘ch’ and ‘th’, and the use of short and long vowels in such forms as ‘back’ and ‘bake’. Children with learning difficulties may take longer to master these skills, but once they are fully confident with the basic patterns they will take the next spelling category in their stride. Nutshell suggests little memory tricks, such as, for the phonogram ‘ar’ ‘the ar of car’, and for ‘oa’ the ‘o of boat’.

Middle English forms resulted from

the ‘fixing’ of language after the advent of printing. This category can be tricky if not dealt with systematically; it features the adoption of new sounds such as the ‘é’ of café brought in from French after the Norman Conquest, and new compromise versions of dialectal forms such as the ‘oa’ in road. Students find these historical explanations fascinating; thus learning that could be boring takes on a new dimension. For example, the regional ‘rād’ and ‘rod’ came together to give us the compromise form, ‘road’.

The third category comprises more sophisticated words which take their forms from Latin and Greek. We build them with prefixes and suffixes, the function of which, when understood, not only develops comprehension skills, but enables students to use the dictionary and the thesaurus creatively to be more expressive in their own speech and writing. Some of you may remember from your school days that *panis* is Latin for bread? We add a prefix ‘com’, meaning with, and a noun suffix ‘ion’, and get companion – ‘one we have bread with’. It gives colour and meaning to what, sadly, is often represented as boring and difficult.

From simple small steps the students have progressed along the road to Emerald City where all things are possible. They can now work out any word for themselves and apply their skills to developing interests and extending their education in whatever path they choose.

All children derive confidence from structure. For those who are at risk, or experience any form of learning difficulty, logic and structure are essential for success. By providing this we can ensure that from their first day at school our children’s feet are firmly set on the beginning of the yellow brick road. They need to feel confident that, taking one step at a time with support and guidance, they will master the hurdles on the way – knowing that, like Dorothy, they can reach their destination.

#### More Information

For more details about the Quantum Literacy program contact: Barbara Dykes, Nutshell Products, PO Box 56, Kalbar 4309. Ph: 07-5463-5677.

See GRs 146, 141, 131, 113, 105, 101 & 93 for articles on home education.



# FUN EASTER CRAFT

by Una Innes, Ringwood Vic.

If you would like to do something a little different for Easter, try your hand at making simple egg cosies. They can be used to hide a chocolate egg and look absolutely gorgeous when there are a couple of them in different colours on the festive table. They also make a thoughtful gift for elderly neighbours who may not have family to celebrate the occasion with. An inexpensive egg cup and Easter egg with the colourful cosy is a kind gesture and may end up a useful one with oldies using the chicken or rabbit cosy to keep their boiled egg warm. Suggest this practical use to grandchildren and they will look askance. 'What's a boiled egg Gran?' one of my son's littlies asked me some time ago. Now they're happy to eat home-produced brown-shelled boiled eggs when visiting me and fight over which egg cosy they will use.

The proportions of my cosies are generous so they comfortably cover a large egg cup and chocolate Easter egg. I buy squares of coloured felt at fabric shops and put them away for projects like this, always making sure that I purchase the better quality thick felt. Cheaper quite thin felt is available but is so limp it's only suitable for applique. A visit to the thrift shop is worthwhile – sometimes pieces of quilted fabric are available for next to nothing and are quite suitable to use in place of felt.

## MAKING THE PATTERN

The simplest way to enlarge the pattern (it is presented half-size) is to take the page to the library and get a photocopy at 200 percent. In the 'old' days, we used graph paper and transcribed the enlargement by hand.

## CUTTING THE FABRIC

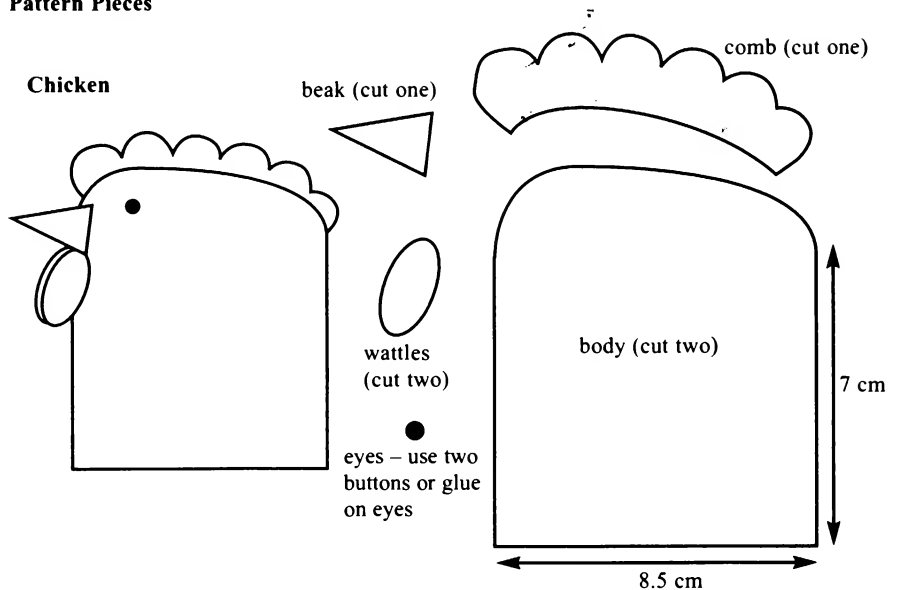
Pin pattern pieces onto fabric, cutting two body pieces, two wattles and one beak and comb. For the Easter bunny, cut two body pieces and two ears.

## SEWING TIPS

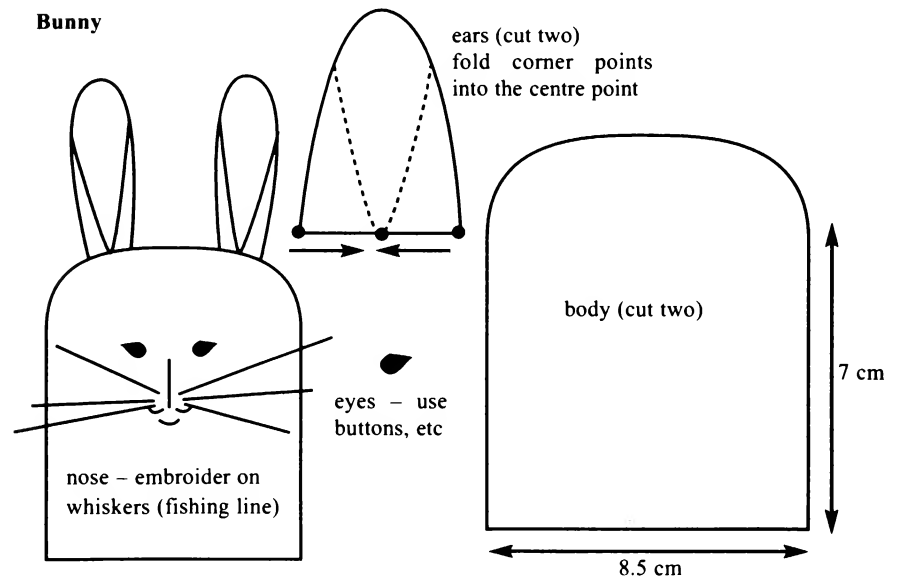
When making the chicken I usually quickly tack (rough hand-sewing) the

### Pattern Pieces

#### Chicken



#### Bunny



comb and beak into place, on the inside of one piece of felt, then pin the second body piece on top. I then sew around the outer edge with the zigzag stitch of the sewing machine, but if you don't have a machine neat hand-stitching will be fine. Consider blanket stitch for sides of chicken body, changing to a neat back stitch commencing with the beak and continuing till the comb finishes. Sew on eyes and wattles by

hand, attaching the wattles to the cosy for a couple of millimetres along the wattle top.

The Easter bunny is made similarly, though you might like to embroider the nose and mouth first and even sew on eyes. Then pin and hand-sew ears into place on inside of body piece, cover with a second piece and pin then stitch as described above. Add whiskers. 🐰

# WHAT TO DO WITH ZUCCHINI?

## Drying Zucchini

by Anne, Tablelands, NSW.

I grow zucchinis because they grow well here, rather than for any real desire to eat freshly picked, home-grown zucchinis during the summer. Our growing season is short here, and once the frosts come, any time from April on, that's the end of the crop. I'm not one for cooking at the best of times, and I only get the urge to cook up something from time to time, more so in winter, when something hot is appreciated. So, what to do with the zucchinis? As every gardener knows, once your zucchini plants start to produce fruit there's no stopping them. If you miss a day or two of harvesting them, then by the next time you go to pick one they've turned into zeppelins!

A couple of years back I read an article on drying mushrooms, which listed several different methods of drying them, depending upon what equipment or materials were available. One method that caught my attention was to use the warming drawer of a wood stove. At that time, I happened to have an old Everhot Deluxe wood stove, which I used primarily for heating the hot water, and it also took the edge off the temperature in the kitchen in winter. I would occasionally cook something in the oven, but otherwise I had little use for it. In summer I would put the stove on late in the afternoon and run it every second day to keep the water hot. So here was an idea for making use of some of the heat that was available that was otherwise just going to waste.

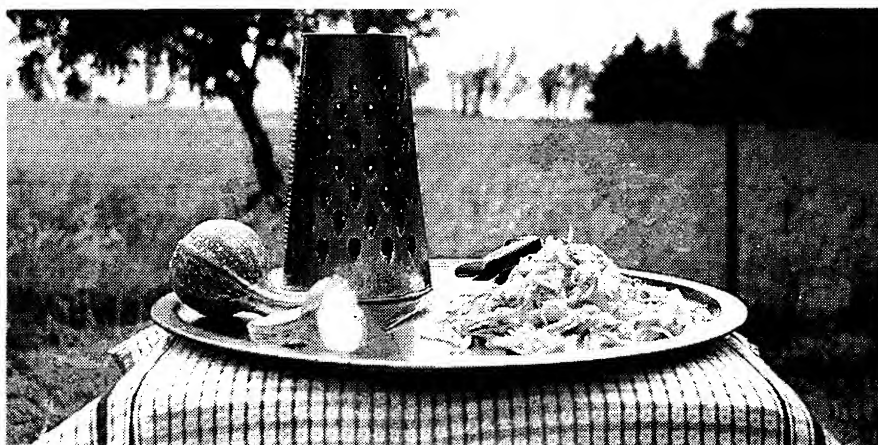
I decided that slicing the zucchinis and placing them onto trays would take up too much room, as they would need to be spread out in a single layer and trying to slice them uniformly would be a bit fiddly. So I tried grating them instead. This worked perfectly.

I've been growing the pale green, round zucchini, Rondo de Nice, and the yellow hybrid, Goldrush. Their colours make a pleasant change from the more common dark green Blackjack hybrid zucchini. I grow about four plants each



Above: Fresh zucchinis, Rondo de Nice are pale, green round zucchini and the Goldrush are yellow hybrid zucchinis.

Below: Grated zucchini on an oven tray ready for drying.



season and in order to stop them from getting away on me I pick the fruit when it is rather small. The round ones I pick when they are about golf-ball size, and the long ones at about 10 – 15 centimetres in length. I find that three to four grated, small round zucchinis are sufficient to fill a 28-centimetre tray, without overcrowding it. Depending upon their size, one or two of the cylindrical ones is plenty.

Once grated, spread them out fairly evenly around the tray, and sit it on the shelf in the warming drawer, leaving the door open a couple of centimetres to allow the heat to escape, thereby taking the moisture from the zucchinis with it.

After two hours, I stir the zucchinis to redistribute them, and to prevent them from sticking to the tray. A blunt butter knife is ideal for this. I do this twice more at two-hour intervals, then leave it in the warming drawer overnight.

By morning it is dry, and I remove the tray and leave it on the kitchen bench to make sure it is at room temperature before storing the zucchinis in a glass jar. I also leave the jar and any utensils that I'm going to handle out on the bench. This avoids the likelihood of condensation forming because of differences in temperature of the zucchinis, which might still be warm if the oven has run all night. On the other



Dried zucchini can be kept in glass jars ready to be used in soups and sauces.

hand, the glass jar and metal knife and spoon might be cold from being inside the kitchen cupboard. When the zucchini is dry it has a certain sound to it when it is stirred or shaken. Once you've dried a couple of batches, you'll know what I mean.

A friend of mine tried grating and drying some zucchinis in her solar dryer and commented to me how wet the grated mass was. She prefers the taste of mature zucchinis to young ones and was grating giant zucchinis, hence the excess moisture. They still dried okay though.

To increase the quantity I could dry I tried putting a tray in the main oven of the wood stove and leaving the door completely open, but found the oven temperature was still way too hot. Excessive heat tends to dry the outside surface of the grated pieces too fast, but doesn't remove the moisture from the middle, or otherwise the heat simply cooks it instead. A long, slow drying period, at a low temperature, is what's required to dry the zucchinis sufficiently to store well. Last season I also tried putting a second tray of grated zucchini on the floor of the warming drawer, as well as on the rack, and rotating them around each time I stirred them. This worked, but not as well as having just the one tray in the warming drawer at a time. Presumably, because there is better circulation of the warm air around the tray when it is sitting on the rack in the middle of the warming drawer.

I now have a Rayburn II wood stove and it also has a warming oven, but

there are no guides to support a rack of any kind. As I don't have a suitable rack with legs on it to raise it off the floor of the drawer, I thought I would use three small well-washed tins to provide a stand to sit the pizza tray on to ensure good air circulation around the zucchinis during drying.

Once you've dried and stored your zucchinis, check the jar after a few days to see that there is no condensation inside the bottle. This way you can be sure that you have dried the zucchinis thoroughly. If you see any moisture, you can either discard that batch or return it to the tray for further drying.

If I've got the stove on for awhile, I will put through two batches in a day. Once the morning batch has dried and shrunk sufficiently, I transfer it onto a saucer, put it on the floor of the warming oven, and put the next tray on the shelf to dry overnight. As the zucchinis dry, the mass takes up only a tiny amount of the space that it did when it was first grated. You'll be amazed at how many small zucchinis you can fit into an average glass jar once they dry. If you prefer, you can easily crush the dried pieces to make them into a powder which will occupy even less space and can be used to thicken soups.

I have also tried lining the pizza tray with silicon baking paper so that it would not stick, in order to avoid having to stir the pieces during the first six hours of drying. I wasn't happy with this method because the baking paper tended to turn some of the grated pieces brown, whereas normally they



Grated zucchini goes on a tray in the warming drawer of the wood stove and must be stirred while drying.

retain their colour. It is important to stir the zucchinis every two hours initially, otherwise they will stick to the tray, and, though they still dry okay, you wind up with powdered zucchini as you try to scrape it off the tray once it is dry. As it starts to dry, it is also inclined to fly off the tray while you're either scraping or stirring it. One hand cupped near the business end of the butter knife while scraping helps keep the pieces on the tray and not scattered around the kitchen bench.

I use the dried zucchini during winter in vegetable soup and as an addition to my version of spaghetti bolognaise.

## PASTA ZUCCOGNAISE

pasta cooled and drained

Use either small spirals or macaroni. Vegetable spaghetti marrow can be used instead of pasta.

spaghetti sauce,  $\frac{1}{4}$  cup per person (Try tomato sauce recipe in GR 95 p 51. I halve the hot ingredients and use  $\frac{1}{3}$  the salt.)

3 - 4 chopped egg tomatoes, per person. If using tinned tomatoes



include the juice.

grated dried or fresh zucchini, 1/2 – 1  
small zucchini per person

small amount of water

optional – mince cooked and  
skimmed to remove fat – cheese for  
topping.

Mix all ingredients together in pan,  
adjusting amount of liquid to suit, and  
heat. When cooked, pour sauce over  
the pasta in the usual manner.  
Alternatively, the cooked pasta can be  
added to the sauce initially and heated  
through with the other ingredients in  
the pan. The zucchini gives the sauce a  
bit of crunch. The sauce can be cooked  
for a longer period of time to further  
soften the zucchini, or the dried zuc-  
chini can be soaked prior to use. Top  
with cheese if desired.

### RECIPES GALORE

I have recently obtained an excellent  
book by Roslyn Deakin containing  
around 400 recipes for using up your  
excess zucchini crop. It contains all  
sorts of zucchini recipes, including a  
variety of different pastas, vegetables,  
patties, savoury, salad and meat dishes,  
as well as cakes, loaves, soups, pre-  
serves and so on. There are so many  
recipes, that the difficulty is now, not  
what to do with the zucchinis, but  
which recipes to try first. 🍴

### Contacts

*Zucchini Recipe Book* available from  
Roslyn Deakin, PO Box 396, Croydon, Vic  
3136. \$15 including postage, handling and  
GST.

Goldrush zucchini, available from  
Krempin's Seeds, 118 Dangar St, Armidale,  
NSW 2350.

Rondo de Nice zucchini, available from  
Eden Seeds, MS 905, Lower Beechmont,  
Qld 4211.

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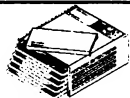
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# Computer-Dried Tomatoes!

by Terry Tranter, Mannum, SA.

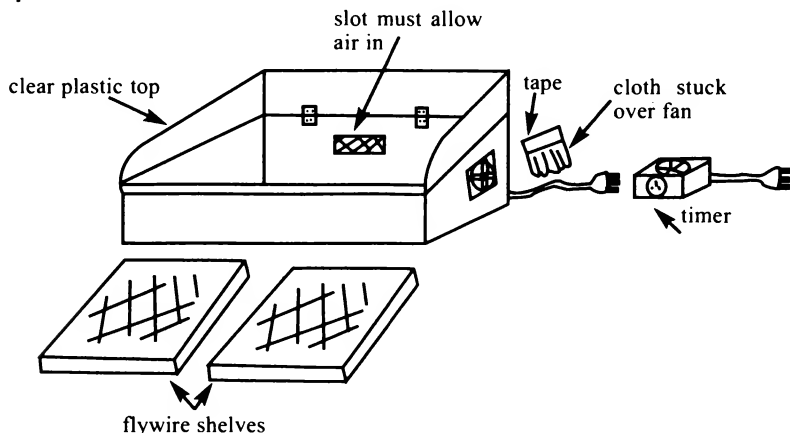
For anyone interested in drying  
tomatoes who can get to a computer  
auction the following may be useful.  
Bid for an acoustic hood for a dot  
matrix printer (about a dollar). These  
were designed to keep the noise level  
down, but are now obsolete. There is  
no bottom in them, so a piece of ply has  
to be nailed into place. Any hole must  
be sealed to keep the bugs out – except  
the slot at the back that lets the air in.  
This can be covered with flywire.  
Stick-on plastic foam sealer can be  
used around edges of lid.

Put a couple of strips of wood on  
the bottom to raise shelves off the

floor and allow air to circulate. The  
hood has a 240-volt fan on the side to  
keep the printer cool. This can be  
hooked up to a timer to switch it on at  
regular intervals to evacuate moisture  
build-up (switches on for two minutes  
every 40 minutes). A piece of thin  
cloth on the outside is stuck over the  
fan and allowed to hang loose. This  
keeps the bugs out when the fan is off.  
It must hang loose to allow the air to  
escape easily.

The clear plastic lid allows the sun  
in and dries the tomatoes in a day and  
a half, two days cooked, three days  
burned. That's all. 🍴

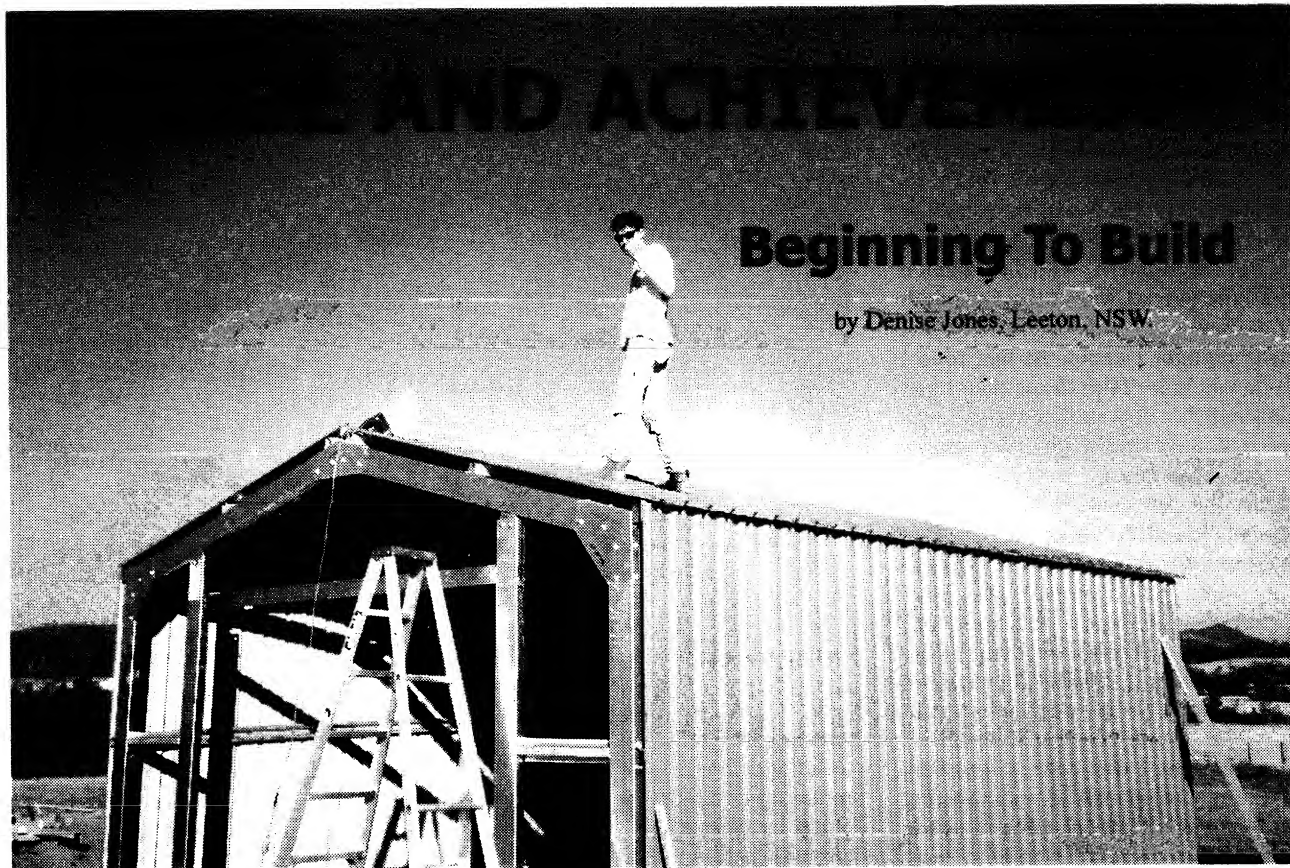
### Computer-Dried Tomatoes



## MORE ON DRYING FRUITS AND VEGETABLES

Drying fruits and vegetables is a great  
way to store home-grown produce and  
preserves the vitamin, mineral, protein  
and fibre content of foods much more  
than techniques which entail dramatic  
changes in temperature. Valuable sav-  
ings can be made, with seasonal pro-  
duce being purchased in bulk while the  
price is low then dehydrated for use  
when prices are high. Solar dehydrat-  
ing concentrates flavours, while the  
food keeps for years and takes up less  
valuable storage space.

If you haven't already, try this  
ancient preserving technique for your-  
self – you'll be hooked in no time.  
Fruits are probably the easiest to begin  
with. If you want to know more, there  
is plenty of information in earlier  
*Grass Roots* publications on solar dry-  
ing, drying your own fruits and vegeta-  
bles, making your own solar dryer and  
many other related topics. Some of the  
more recent references are GRs 135,  
136, 125, 122, 115, 113, 108, 105; 101,  
95, 88, 80, 74, 72 and 63. 🍴



## Beginning To Build

by Denise Jones, Leeton, NSW

I would like to share my story as a woman on my own, bringing up two sons and taking on the challenge of owner-building my own house. After a marriage breakdown, with no money, my sons, Scott and Brett, and I were living in the farmhouse we previously owned, now paying rent to the new owners.

My parents own a property nearby and offered to give me a block of land from it. I chose a piece of land with the creek running through it so I could have some water for my garden. It was very pretty with its section of silky oaks lining the water's edge. I had visions of myself having my friends from the city to visit with barbecues and picnic baskets.

I set about subdividing my block of 10 acres, going to council, having it surveyed, and paying appropriate fees. I also had to obtain an owner builder's licence and, finally, get permission from the Lands Department. All up, this cost me just over \$2000. With the help of an uncle who knew the steps, I did this myself which saved me money that would otherwise have gone on solicitors' fees.

At last the day came that this piece of dirt was mine. I went out to my piece of land and had a walk around. My feelings were of excitement, fulfilment and a feeling of being at peace. I sat by the creek and had a cry, a cry of relief from the emotions of separation, divorce, and the responsibility I felt of being a sole parent. Until now I hadn't been sure of where we were going to live.

The time came when we had to move from the rented house. My new house wasn't started and I didn't want to pay any more rent, so we borrowed a good-sized caravan, which had a toilet and shower, and parked it on my land next to that of my uncle who had a weekender-cum-double garage. I connected a hose to his tank for water, cold water I might add. Gone were the days of having a nice hot shower. Living in the caravan with two sons in their early teens was a story and adventure on its own. We roughed it through the storms and strong westerly winds with the van shaking and rattling. There were some sleepless nights with the winds so strong it felt like the caravan was going to tip over, hot to mention the extremes in temperature from the frosty cold

mornings to the 40° C heat. The things we do sometimes at the time we don't question – we put it down to experience and what we are prepared to do to achieve what we want.

I was working part time in a local fruit and vegetable shop, as well as part time on a vegetable farm doing mostly tractor work (ploughing, rotary hoeing etc), and some harvesting and packing. I was brought up on a dairy farm, and when I married my husband and I had a vegetable farm of 36 acres where we grew a variety of vegetables commercially for 10 years – I am sorry to say not organically; I wasn't aware back then about the use of chemicals and fertilisers and their harmful effects. Anyway, that is where I taught myself lots of farming skills, from tractor work to irrigation, what to grow and how. I had always had an interest in making and fixing things. I taught myself how to weld and use an oxy. I made farm gates with a pipe bender at one time and sold them to surrounding farmers. I also had an interest in building things from timber. All this, unknown to me at the time, was preparing me for my own much bigger project

in the future.

With the help of my accountant, who I had known for some years, I approached a building society for a loan. This was a very nervous time for me, approaching the loans officer as a woman on my own and with only part-time work. The loans officer asked my accountant, 'Do you think she can do it?' The accountant, who had known me all the years I was at the farm with my ex-husband, said yes, in his opinion he thought I could. At that time I felt he had more faith in me than I had in myself, but it was that sort of support that gave me a bit more confidence to keep going.

Yes, the day came when I got my loan of \$60,000 approved! In the meantime, Scott, Brett and I had been going through the process of sifting through house plans. Because our finances were limited we had to plan carefully. When I applied for my loan I only wanted to pay back an amount that I knew I felt comfortable with. It felt at the time a scary thing, knowing that the total responsibility was resting with just me. When choosing the style of the house, I knew I wanted a basic three-bedroom house with good sized rooms. Also, the materials and the style had to be cost effective. I also knew that doing as much as I could myself was where I was going to save a great deal of money. We put together a plan of a basic rectangular shape of 17.2 metres long and 8.4 metres deep, with bullnose iron verandahs on the front and back which I made 2.4 metres wide because I wanted to sit out and watch the storms and not get wet. The house had two bedrooms at one end, a large kitchen/lounge area with cathedral ceiling; at the other end

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Taking one step at a time, I laid out the main shed frame and bolted it together. At difficult stages time out for thinking proved its worth.

was my bedroom with hall, bathroom, toilet and laundry. The kitchen, bathroom and laundry were all kept as close as possible to keep plumbing costs to a minimum. I chose cement blocks with a split face to give the look and effect of a sandstone house. Also, building with the blocks gives the thickness of double bricks.

Before I got to the actual building of the house we built a large single garage on the block. With the guidance of a builder friend who started me off with the formwork, I continued to form it up, build it up to the appropriate level, put in and pack down all the fill and have it perfectly level ready for the mesh which I had to cut and put in. My builder friend offered to come and pour the slab and I was to help finish it off, a job that I hadn't done before. The cement truck arrived and before we knew it the driver had got off the gravel track and into the wet paddock and got bogged. What a start this was! He couldn't get out because of the weight, so we had to barrow the cement from the truck to where it was supposed to go. This took up so much extra time, not to mention the extra work. Anyway, it got finished in the end. There lay the foundations of my first structure, my shed site. Now all I had to do was get that up.

Again, because I was saving money, I thought I would have a go at putting

it up myself. How hard could it be? Well, I was about to find that out. My shed was delivered in a pack. I opened up the directions, looked at them and said, 'Oh my God, I'll never be able to work these out.' They were the most complicated directions I had ever come across. I sat there and studied them, trying to recover from feeling overwhelmed and doubtful and telling myself I should have paid someone to do this. I told myself to just look at taking one step at a time. I got each piece out, laid out all of the main frame and bolted it together. When I came to something I didn't understand, I would leave it and come back later, by when the solution had usually fallen into place in my mind. What a feeling of relief! With the help of my sons, I got the shed up without too many more hassles. I had the first stage of my dwelling up and my feelings of pride and achievement were well worth it.

Next time, I'll describe how I tackled building the outside of the house. ♪

## ORGANIC COMMITMENT

The Victorian Government aims to take advantage of a growing organic market by increasing annual exports from \$15 - \$30 million over the next five years. ♪



# Growing Your Own Herb Crop?

by Margaret Jakovac, Hazelbrook, NSW.

**Many readers are keen to try their hand at growing a small-scale commercial crop, but don't know where to begin. Others have bigger plans, but still need some help to get started. A course such as this one described by Margaret Jakovac could be the perfect introduction.**

Producing a commercial herb crop from my suburban backyard sounded like a faraway dream until I chanced upon a TAFE correspondence course that claimed it would teach me to do just that. The new Statement of Attainment in Horticultural Studies (Herb Production), run by OTEN, the correspondence arm of TAFE NSW, looked like the ticket to motivate me to focus my long-standing gardening efforts. Once students complete the course they will have the skills and knowledge to start a small home business, or work in a herb nursery.

I sent off \$220 to enrol and in the mail came a nine-centimetre stack of course notes covering: introduction to plants and soils, seed and vegetative propagation, plant recognition and herb production. I spent the first half of the year absorbing the detail, doing a couple of tests, completing assignments such as harvesting seeds, analysing soil types, doing pH tests, demystifying uses for about 40 herbs and attending a couple of compulsory workshops at Ryde TAFE. I devoured my home library and the Internet to get up to speed on my herb crop proposal – chives, parsley and mustard – and by August was sowing my first crop.

What's been magic about the course is learning how to successfully strike cuttings and germinate seeds. I used to just broadcast seeds over garden beds, but had also tried sowing in pots which I'd placed in my sunroom, then had to patrol nightly with chopsticks to pick off the slugs. I agreed with a fellow student at a compulsory OTEN workshop who declared, 'I'll never buy another plant again'. Now my sunroom is a nursery, with masses of small pots, each wearing a little greenhouse made from recycled plastic soft drink bottles. However, I'm still trying to beat dermatitis on my hand



A well mulched plot ensures the young herbs will thrive.

after the hormone gel for cuttings dripped on it. I've since found out that if you cut the plant correctly, just below a node, it should be able to strike without the gel's help, and therefore organically.

The key to the course is religiously recording your progress, noting soil and air temperatures, how you nursed the plant, when you 'potted it up or on', watering, feeding, whether you bothered to sterilise the pot, and what your growing medium was. It's been a struggle to write down what I see rather than wandering off to water the plant or transplant it, for example.

I'm following my own week-by-week program to coax the crop to life, then harvest and sell it at the Blue Mountains Food Co-op in Katoomba, an ideal venue for novices. You set your own price, deliver the herbs how often you want and get paid when the bunches sell. I'd rather fine-tune my 'marketing' before approaching about 10 potential retail outlets for my herbs in my local village, less than a kilometre from home.

Back in the crop plots, the mustard was a riot of green within a week of sowing, but the parsley took up to eight weeks to germinate and the chives were only marginally quicker. The parsley seedlings are so delicate as I transplant them into the beds I wonder if I'm crushing their delicate root hairs. I've made a note to sow the rest of the seeds directly into the plot – I can't handle torturing the seedlings. Chives need to be transplanted once they're bigger than blades of grass – that meant pouncing when they looked like seedling onions ready for their permanent bed.

As the deadline looms for the project report and record book, I can see perhaps the best reason for doing this course is that it's helping me to focus on my dream. On the cusp of producing my own crop, I'm a little in awe of where the course has taken me. ♡

## Contact

Jill Paterson, Head Teacher, Horticulture.  
Ph: 02-9715-8513. Fax: 02-9715-8522.  
Email: [jill.paterson@det.nsw.edu.au](mailto:jill.paterson@det.nsw.edu.au)

# HANDY PRODUCTS AND SERVICES

by Alexander Cranford, Hay, NSW.

**We've had many requests for readers to share their sources of unusual products and services. Alexander Cranford shares his tips on these and on cheaper suppliers of commonly used products. Any more to add? We'd love to hear from you.**

Readers often ask for suppliers of difficult-to-find products and services. Here are some of the products and services that I had to do some digging around for.

For re-inking of typewriter and dot matrix printer ribbons contact Miatronics (Dick Smith Agent), 2/423 Banna Avenue, Griffith, NSW 2680. Ph: 02-6962-4534. They can only re-ink fabric-type ribbons, not the plastic tape throw-away type, and it must not be full of holes.

To obtain whiting (calcium carbonate), if your local hardware store does not have it in stock, ask if they can order some in. If they cannot order in ask a Thrifty-Link or Home Hardware store if they can order in.

CRC manufacture electrical varnish in an aerosol can and also make a number of products for the Mr/Ms Fixit. Agricultural machinery parts shops often carry CRC products, otherwise try an electrical wholesaler. If you do not know of any electrical wholesalers, ask your local sparky.

Country oil depots can be a cheaper place to buy items such as distilled water and methylated spirits.

My local hot bread shop sells dried yeast in larger packets than those you can buy in the supermarket.

If you live in an inland area, fresh fish is often not an option. PFD, who are all over Australia, sell shatterpacks of frozen fish that are better value and a wider choice than you can buy in the supermarket. They sell many other items in bulk containers that are also not available in the supermarket. If they do not carry an item in bulk, Campbells Cash & Carry have a wide range of products, however, they do not sell direct to the public only to businesses – any business qualifies though.

You can always ask an independent supermarket – IGA, Foodworks – if they can order in what you are after. I buy grill plate and oven cleaner in four-litre containers for about \$14 from an independent wholesaler, but they would only deliver it to my workplace. I use it to clean my circular saw blade, to

remove old Japan black from floor boards, and to remove old varnish. I neutralise it with vinegar afterwards.

Stock and station agents such as Wesfarmers-Dalgetty and Elders VPC might sell many farming chemicals that are anathema to many grassrooters, but they are also cheaper for things like Blundstone boots, gumboots, outdoor clothing, bulk washing powder (not a great deal cheaper but there is less packaging involved) and fencing wire. ♡

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# Australian Odyssey

## Cape York To Home



by Adam Johnson, Tarwin Lower, Vic.

Last time I described a little of how we organised ourselves for our Australian odyssey, the realisation of a long-held dream, and the first stages of the journey up to Cooktown. We avoided caravan parks unless there was no alternative, or we wanted the use of a washing machine. Water is of course a never-ending requirement, and a park is a good place to top up supplies.

We carried two types of water. One supply being a 20-litre tank to which the kitchen pump is connected, 30 litres was also carried under a seat in the camper, in one 10-litre bottle and one 20-litre drum. This was all drinking water. Behind the seat in the ute we had an additional 30 litres, in two containers. This was usually shower water. All containers have taps for ease of use. If we were going into a really dry or remote area, we also filled a number of large soft drink bottles, also carried behind the seat, or anywhere else we could tuck them.

The need for water was very high on our priority list. Invariably, camping beside water (river/waterhole etc) means a ready supply of shower water. To conserve this on the road, a 20-litre container was used for the shower for

both of us. What remained was used to wash underwear and tops, and any that might be left was kept for our 'cats-lick' in the morning. Other water sources are fuel stations, public parks as you pass through a town, and most designated camping areas.

We mostly used a little 12-volt powered shower. This consists of a little immersion pump plugged into the cigarette lighter, which is then lowered into a bucket of water, and at the end of a two-metre tube connected to it is a hand-held shower – very neat and simple to use.

Returning to Lakeland from Cooktown, we set off on the Peninsula Development Road up to Cape York. Following our now established pattern, we turned off at Laura to the Lakefield National Park, suddenly discovering the need to balance tyre pressures and speed with road conditions. Because of the load of the camper, the rear tyres were at 60 psi and the front at 45 psi. After dancing all over the road, and very nearly turning over, I dropped all tyres down to 35 psi. Then, finding that 60 kilometres per hour was good, we travelled most happily. This was the most corrugated stretch of road we

found on Cape York, it was plenty rough on some of the tracks, but not corrugated as such.

Our last camp site in Lakefield was at Hann River Crossing, the conflux of it and the Normanby River (the main river through the Park). It was here we found the first real value of four-wheel drive, our initiation if you like. The crossing was quite wide, 50 – 60 metres, the water shallow but flowing fast. The first part was flat scoured rock with the water just washing over it, then a deeper part, which caused me to hold my breath, some more flat rock, and we were through. Then came the you-beaut part. This was a dry creek with the roughest rockiest crossing I've ever seen. I'm sure the front wheels grew claws as we went across. At idle speed in low range and first gear, the ute simply walked its way from rock to rock. My only part in this was some deep breathing and steering.

From this moment on, I was sure the ute would go anywhere. After two nights there, it took us three hours to reach the legendary Musgrave Station. Four-wheel drive all the way, with three big river crossings, and kilometre

after kilometre of deep sand. Fuel and food, and a big cold beer were available here, also an airstrip. Plus some very welcome water.

We were back on the Peninsula Development Road, which from there headed north for about 220 kilometres, then swung north-west to Weipa, while the Telegraph Road carried on north to the tip of Cape York. On the way, we stopped at the famous Archer River Roadhouse, about 150 kilometres from Musgrave. This is another fuel and food oasis. A further kilometre to the lovely Archer River, with clear shallow drinkable water and no crocs, so one can swim. We camped here on the clean sandy banks for two days for some R&R. Then we drove to Weipa in the one day, about 200 kilometres and an interesting drive. From Musgrove to Weipa the roads were like freeways, sometimes a patch of bulldust, but not deep. Obviously the roads had just been graded. Many, many creek crossings, none very deep, but they slowed us down a lot. With the dips down into the creeks it felt at times like riding the Big Dipper at Luna Park.

Weipa is a quite different town, the various sections widely spaced, and ore trucks are King to which all vehicles must give way. No camping is permitted within twelve kilometres, and the only camping/caravan park, Pax Haven, backs onto the beach on the Gulf of Carpentaria. It is indeed a lovely park, plenty of shade, lawns to camp on, and large circular sand-pit-type areas with low brick walls around them, about four metres in diameter. This is for your campfire if that's your

only means of cooking.

While we were there we made up our minds not to go any further north up the Cape. Many vehicles were brought in on the backs of trucks, towed in, or driven in, in a state of disrepair. Some with ruined motors, some flooded, and some both.

The first big barrier to going up from here was the Wenlock River. It was still flooded. We knew it was four metres deep before we left Cairns, but were also told a barge had been constructed so the tour operators could get through. It was a makeshift affair, and apparently a big truck tried to cross on it and destroyed it.

**We did see our first salt-water crocodile, and right there and then decided that no way was my boat going in the water in crocodile country. The croc was bigger than the boat, and we all know what happened to Crocodile Dundee.**

On the way south, we cut through Batavia Downs Station to try to get to Chilli Beach and Portland Roads. This was allowed as long as you stayed on the road. We made this all right. The next part was along Frenchman's Road, once more on public land. We reached the Wenlock here as well, and that was the end of that. Heading south again we stopped for lunch and information at the Hann River Roadhouse. Still on the Peninsula Development Road at this stage. There we were told we would not get through the Battle Camp Track, a short cut to Cooktown we'd wanted try.

Somewhat disappointed, we carried on to Laura. In conversation with the person filling our tank there, I learnt we could get through as it had just been graded. Next morning we had a great drive through the short cut. Plenty of creek crossings but only one river. We had become a bit blasé about these crossings by now, all in the day's work. From Cooktown we went to Kurumba, on the west coast of the Cape.

From Kurumba our route zigzagged up and down around the Barkly Highway, a hundred kilometres or so each way, till finally we reached Darwin via Kakadu, along the way making more adjustments to our gear. For instance, we couldn't always park the rig so the sun didn't shine all day on the side of the camper where the

fridge is. Also, the kitchen has a large window that side. So we made a shade-cloth cover, like a miniature awning, to cover it. We had a new shower/toilet tent (Porta-Potti), which I grew to detest assembling. Also, in the hot weather it was too small. The frame was a clever arrangement of little bits of pole and bows etc, that sometimes seemed like a hundred bits. I threw the frame away, cut the sides down one corner, so it was two long bits. Fixing hooks to the camper at each end, we simply hooked the two top corners to them, one tent pole in the middle – instant big triangular shower tent.

We weren't all that impressed with Kakadu, though some individual parts were great. We did see our first salt-water crocodile, and right there and then decided that no

way was my boat going in the water in crocodile country. The croc was bigger than the boat, and we all know what happened to Crocodile Dundee. We saw our one and only dingo for the trip, snuffling through campfire ashes at Jim Jim Billabong Camp.

Darwin was an absolute delight. We spent a week there and my favourite memory is the Mindle Beach Thursday night market. A cornucopia of fascinating sights, sounds, and aromas. Sitting on the beach with a glass of champers watching the sunset. That's living. From Darwin it was off to Broome. We spent some days at Quandong Point north of Broome. Beautiful spot, camping on three-metre cliffs overlooking the beach and catching the breeze, the only noise the birds and the surf. As we headed south along the coast, that




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Adam in front of the prison boab tree in Derby.

breeze became a very strong headwind and continued all the way down to Augusta. We made good use of two more of the *Free Bush Camping* booklets, this time by S S Collis, detailing many places in the north and south of WA. The best we used was on the banks of the De'Grey River, a little north of Port Hedland. Lovely grassy banks, tall shade trees, and the big river with clean water.

We had to replace all our tyres at Karratha. We had replaced the rear two at Dubbo, NSW, but the treads had separated and we were bouncing along. We discovered that all the tyres were the wrong size for the vehicle, and we were very lucky the transmission hadn't locked up.

At Monkey Mia we took a boat ride to watch the dugongs and the dolphins at play. Never having seen dugongs before, we were fascinated. South of Geraldton, both to escape the wind and find some nice trees and greenery, we found travelling on the inland back roads much more interesting. We decided to bypass Perth (been there done that) because we wanted to enjoy the forests and rivers rather than the towns. The forests with the huge karri and tuart trees are a sight to behold, especially the Valley of the Giants with its walkway up in the canopy.

The time was approaching to head east, to maintain our itinerary. The weather was wetter than it had been; it

was even raining when we reached the Nullarbor Roadhouse. The operator of the premises noted that it never rained there, then said the year's rainfall had fallen last night. This weather maintained until we reached the South Australian border (where there is a fruit checkpoint). From there on it became hot and dry again.

After sampling the delights of places like Venus Bay, Streaky Bay, Coffin Bay, on the south coast of the Eyre Peninsula, we went to the Flinders Ranges. From there to Broken Hill, just so I could see the lakes at Menindee. Southward from the lakes, following the Pooncarie Road, we had several camps on the banks of the Darling River, which this road parallels. On reaching Wentworth, it was time to go home.

The duration of the trip was seven months, the distance was 35,000 kilometres, and the approximate cost \$13,600. Fuel was \$4500, with caravan parks and national parks \$1500. The tyres cost \$1100 altogether, and vehicle repairs were \$2700, some of which were caused by ignorance on my part. Having put the vehicle in for a service at Cairns, we were confronted with a bill for \$1200. This amount included rebuilding the leaking power steering, brake replacement, and various other little things, plus the actual service. Then we discovered the hard way that running out of petrol wrecks

the fuel pump. The fuel pump still pumps, regardless of the fuel you run on. We had a 50-millimetre long hose rupture which spewed all our petrol out on to the road. Replacing the pump cost \$700, and would have been twice that, but for a helpful auto-elect who allowed me to do all the labour to pull out and replace protector plate and tank etc, etc, under his supervision. The pump is situated in the tank, so the tank has to come out to get to it. Extra bits like a new fuel filter made it all add up.

Last year we spent the winter months touring New South Wales and Queensland up as far as Townsville. No vehicle problems, or for that matter, any problems of any kind. Right now I'm sending the family slightly nutty planning the next trip. Tasmania is looking good.

Anyone requiring more details about aspects of the trip can contact: Adam Johnson, Box 290, Venus Bay 3956, ph: 03-5663-7822. ♡

#### USEFUL TIPS

- Carry as much water as you can, both for drinking and for washing.
- A 12-volt powered shower is a worthwhile investment.
- Balance tyre pressures to suit the road surface.
- Roadtrains and ore trucks have right of way!

# Healthy Thymes

by Rosemary Sage, Blackbutt, Qld.

Herbs are often divided into separate categories, the two most common being culinary and medicinal. However, as well as having real medicinal value the culinary herbs make food much tastier. According to Dr Vogel in his book, *The Nature Doctor*, we should be availing ourselves of their curative properties on a daily basis. Dried herbs are beneficial, but, as with many other foods, fresh is superior. A selection of culinary herbs will not take up much space and can be planted near to your kitchen for convenience, even in pots.

One of the most popular culinary herbs is garden thyme. It's amazingly versatile and has a great flavour. You can add it to salads, soups, stews, stir-fries, all the meats, sauces, eggs, cheese and bread. Both leaves and flowers are used.

Medicinally, thyme has a number of applications. The volatile oil is strongly antiseptic and is a most effective antifungal. Thyme is a useful tonic for the immune system in chronic, especially fungal, infections and is a remedy for bronchitis, whooping cough and pleurisy. It is one of the herbs used for asthma and is helpful in relieving hayfever. It treats worms in children, relieves bites and stings, is used for sciatica and rheumatic pains.

An encouraging possibility with regard to some research that has been done this decade is that thyme's volatile oil also has a marked tonic effect, to the degree that it can counter the effects of ageing. That statement alone will have me eating more food with thyme in it!

One more aspect to mention is that thymes come in many wonderful varieties: lemon thyme, orange thyme, orange peel thyme, silver posy, just to name a few. Try getting together a collection and planting them in rockeries, as edging, or among your flowers and vegetables. They are very hardy and require a sunny position, very good drainage and only minimal water and food. 🌿



## TASTY THYME

Thyme is a good friend to those who like rich and fatty foods, so try and include it in meals by adding it to marinades, dressings, herb butter, stuffing for poultry, especially waterfowl, and even dice finely and add to raw or cooked greens. If gluttony claims you, or you eat food that dis-


agrees and have windy pain, half a cup of boiling water poured over a sprig of thyme can make a comforting, anti-spasmodic remedy.

Call on the herb too if a cough hangs on and won't go. Lemon thyme with a little honey added is effective as well as pleasant. 🌿



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# Summer Poultry Care

by Megg Miller, Nagambie, Vic.

With this summer showing every indication of being a scorcher, be prepared to take steps to ensure your backyard flock survives. Poultry don't sweat like we do to lower body temperature, instead they pant, increasing the respiratory rate and losing moisture by evaporation from the lungs. As well, they raise their wings to maximise heat loss from unfeathered parts of the body. These responses occur when temperatures rise to about 32° C, along with reduced feed intake, a drop in egg production and shell quality, and an increase in water consumption.

## HEAT STRESS VULNERABILITY

Poultry, including waterfowl, are susceptible to heat stress because the way we confine and manage them is convenient for us but is not necessarily bird orientated. In the wild, fowls would seek refuge under shady trees, resting in cool leaf mulch during the hot part of the day. Demands like egg lay or fast growth would be inconsequential, so stress levels would be low. By contrast, poultry are largely housed in corrugated sheds in Australia and these become death traps when unprotected from afternoon sun and in periods of high temperatures. Shade from leafy trees is not always available, nor is a constant supply of cool water. The comfort and welfare of domestic birds and animals carries 24-hour responsibility, especially when temperatures soar, and shouldn't be viewed lightly.

## HEATSTROKE

Poultry suffer heat stress when their body temperature rises and they can't cool down fast enough to prevent collapse and organ and brain damage. Most at risk are old or overweight birds, those suffering a low-grade infection, and birds recently introduced to the property from a cooler locale. Other likely candidates are flocks with no shade other than a hot tin shed, overcrowded stock and young ducklings serviced with an inadequate water supply.



Let the hose drip under shady trees or throw a bucket of water down for the hens to seek comfort in the moist soil.

There are two other instances where the threat of heat stroke is high: the first high-temperature days in early summer before stock have become accustomed to the heat, and where there are several days and nights in a row with unrelenting high temperatures. Deaths are common in both situations.

## EMERGENCY HEATSTROKE CARE

If you find a bird distressed and panting heavily or even in a state of semi-collapse, slap cool water on the unfeathered parts as quickly as possible to bring down the temperature. You can immerse the body of a fowl or duck in a container, but turkeys and geese are usually too large, so splash water on with your hand or a cloth. Wet the head but don't drown the bird, and apply Dr Bach's Rescue Remedy to a bare patch of skin every three to five minutes. Keep splashing water under the belly and around the tops of the thighs where feathering is sparse, and onto the comb and wattles of fowls or face and neck of turkeys, until the bird shows signs of recovery or you accept

that the body is lifeless. The outcome for seriously heat-stressed survivors is not good – many succumb during the next period of very hot weather, indicating that major organs were damaged when they suffered heatstroke.

What if birds are out of water when you find them and are hot and thirsty and panting heavily? If birds have been without water for several hours, care needs to be exercised when introducing it. Provide tap, not icy cold, water and give just enough for all the birds to have a few beakfuls but not drink greedily. This is critical, especially with ducks and ducklings; quick uncontrolled drinking distends the small intestine which causes pain and collapse and reflex nerve action. When water deprivation has occurred over a number of hours and then birds drink excessively to compensate, the nerve reflex can affect the heart, leading to failure and death.

## PREVENTATIVE PREPARATION

Plan a routine that you or one of the family can follow when the temperature gets to 30° C. Keep an eye on

weather reports so you're forewarned about high-temperature days.

The night before: Get extra drinker containers out and into sheds the day before in anticipation of birds doubling their water intake. Extra ice cubes in the freezer won't go amiss either – add a couple to drinker containers to cool water down quickly. Water lawn/grass or shrubs around the hen house in case you need to let the birds out onto a cool environment. Greenery around poultry yards also reduces radiant heat.

On the day: Hose down shed and wet (don't drench) litter before going off to work. Ensure regular and supplementary drinkers are full and in a site that will be in the shade all day. Offer birds chopped greens if they're not allowed out to forage. Consider hanging shadecloth on the shed front if it has no protection from the afternoon sun. Repeat hosing of shed roof and litter on your return from work. If water is limited, a couple of bucketfuls spread over the litter are an alternative to hosing. The birds won't feel like eating, but, if you want egg production to continue, a wet mash made from lucerne chaff, millmix (bran and pol-lard mix), mixed grains and a protein supplement, or soaked layer pellets, will tempt most poultry. Wet bread could also be given, though not as the only food source as it's not nutritionally balanced.

### LONG-TERM STEPS TO TAKE

You might consider making a few changes to poultry housing and the immediate environment so hot weather is easier on you and the poultry. Look at ways of keeping the shedding cooler. Painting roofs matt white reduces radiant heat considerably by reflecting solar rays. Ensure the front of the shed has an overhang of about 900 millimetres to reduce the entry of sun, and it's a good idea to have netted ventilation spots at the top of the rear wall so hot air can escape. The late afternoon sun really heats the west wall of poultry shedding – reduce its effects by putting up lattice and planting a creeper or establishing fast-growing shrubs. Another sensible step is to cover or bury exposed water pipes; this will prevent water warming up and being unpalatable to poultry and is easier to do in winter when the ground is soft to dig.

## OTHER SUMMER PROBLEMS

### No Eggs or Thin-Shelled Eggs

Hens stop laying because of lowered feed intake. You need to give moistened, appetising food to encourage them to eat. At the same time, the high temperatures have the effect of stimulating the utilisation of nutrients, so a well-balanced diet is essential.

Thin-shelled eggs occur because of metabolic changes in hens resulting from high temperatures and because less calcium and other minerals are ingested, and the calcium that is available is transported in the blood at a slower rate. Help shell quality by keeping shell grit available at all times.

### Broody Hens

As soon as the warm weather arrives, broodiness increases markedly. You will know hens are broody because they monopolise nests and do not leave to sleep on a perch at night. Their presence leads to squabbling with layers, egg breakage and part-incubation of all eggs in the nest. Debrood hens by relocating to an airy, well lit wire crate, providing food and water and protection from sun, predators etc. Broodiness is encouraged by inactivity, dark quiet nesting boxes, nest building litter and, of course, eggs to sit on. Ensure these are not provided when debrooding. Don't be cruel to hens that go broody, it's a natural reaction. The hormone responsible stops being produced once the hen starts moving around in the coop and usually the hen returns to her usual self in three to seven days.

### Parasites on Birds

Lice and mites thrive in warm weather so don't be surprised if you discover your birds are infested. Check perches at night for evidence of mites. They come out of the cracks in woodwork and scurry up the legs onto birds, engorging themselves with blood then scurrying back home again. You will locate them on woodwork by the presence of a whitish powder, look closer and mites the size of pinheads can be observed. Treat woodwork with boiling water or spray on a safe mixture made from tea tree oil. Diesel painted onto woodwork in the morning is another option. Repeat in ten days, and check at night to ensure they have disappeared. Lice and one of the mites live on birds at all times; look for their

presence below the vent, they appear as minute specks that scurry on the skin of the bird. Further proof of their presence are clusters of white eggs at the base of feathers in the vent area. Dust with Pestene (rotenone\*), or flowers of sulphur. Dust several times, ten days apart, so that newly hatched parasites are destroyed.

### Scaly Leg

This appears as dry encrustations under the scales on legs and is caused by a mite. To eradicate it, scrub legs with warm soapy water then apply cheap cooking oil to which a few drops of kerosene have been added. Apply weekly until the mite is killed and the encrustation crumbles away. Some people use WD40 with good results, but do not use Vicks or other strong mixtures that will burn the legs and cause discomfort.

### Moulting

The loss of feathers from fowls between February and May is normal and is nature's way of equipping birds with strong, thick plumage to get through the winter months.

If you want to cull some of the flock, time of moulting distinguishes the good and bad layers. Birds with new glossy plumage in March are lazy layers. Look for those that appear rough and ragged, they are the serious layers that are too busy to stop for a rest and, when they do, they usually drop most of their feathers overnight and look a fright. Keep these hard workers, the late moulters are always your best layers.

## FINAL THOUGHTS

Help birds get through the hot months with regular treatments of crushed garlic in water to reduce worms (one clove for every two to three birds), green feed to pick at to maintain levels of the protective vitamin A (high temperatures increase requirements threefold), and add a sprinkle of kelp and handful of sunflower seeds to rations when moulting starts to ensure the new plumage is glossy and healthy.

\*Wear gloves and do not inhale the dust. Regular exposure to rotenone has been linked to Parkinsons disease. Do not use frequently on the poultry either; occasional use as part of a total pest control strategy should not cause problems.☺



# Growing A Square Meal

## Beating The Heat And Poor Soil

by Robert Millet, Coffs Harbour, NSW.

Gardening in Australia's hot dry interior, and that's about 90 percent of this land, can, at times, be hard and frustrating, even when using natural methods. My fruit trees and vines were off and running under their protection of mulch and drip irrigation, but my ongoing puzzle was how to grow vegies in concrete-hard clay at 40 degrees!

The puzzle was composed of several bits: how to provide good drainage with red clay soil, provide trellises for plants, supply shade, employ organic protection, provide a windbreak, and means to control the thick mulch from scattering or sliding off the soil, and finally making the structure termite resistant?

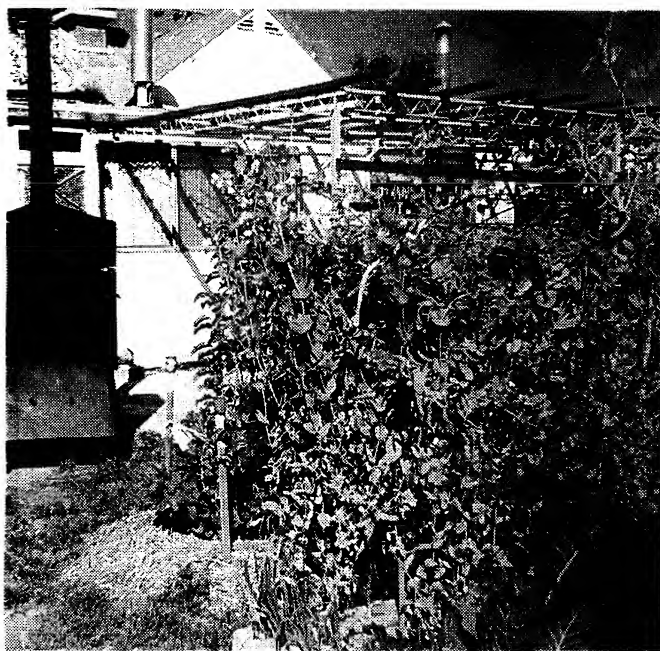
After trying several styles of beds using shadecloth, wide boards, overhead sprinklers (rain on demand), all of which were wrapped up in rolls of chook wire, I finally discovered the way to fit all the pieces of the puzzle together. The resulting picture was lovely.

First, I levelled the trial plot, then cemented recycled concrete blocks to form a 2 x 2 metre square. On some later squares I used two or three courses of block, but one works okay. Next day, I filled the square with manure, clippings, food scraps, shredded paper etc, to compost in place. Then I laid in the trickle irrigation hose about 300 millimetres apart to snake its way to and fro to cover the entire bed. Next I popped in 25 to 30 drippers (4 lt/hr) controlled by a small valve at the edge of the square so I can shut off the water whenever the bed is empty.

Then I cut a sheet of 5-millimetre rebar weldmesh (200-millimetre squares) to 2 by 5 metres, and cut out the crossbars at each end so that there were 200-millimetre fingers at each end. With a partner I lifted the mesh in the middle; the mesh ends dropped to form an arch. I orientated the arch so that the prevailing winds of summer

would blow against the arch and not through it like a wind tunnel. At one inside edge of the square we jammed the steel fingers into the ground, and then did the other end. This formed an arch high enough for most gardeners to stand under. If you are taller, try using 5.5 or 6 metres of mesh length. If perhaps you feel that the arch sways too much, then in each corner drive in a short length of pipe or 12-millimetre rebar and tie with wire to fix firmly.

Now, this garden bed keeps the mulch in place, provides a permanent trellis for beans and peas that give shade to tender lettuces, silverbeet and tomatoes, plus they benefit from the nitrogen of the legumes. The wind no longer buffets the plants excessively, and the stone and wire are rot and termite resistant. Under the thick mulch the soil remains cool and moist even on very hot days. I was pleased with the final result, for, after several failures, I finally had a plot



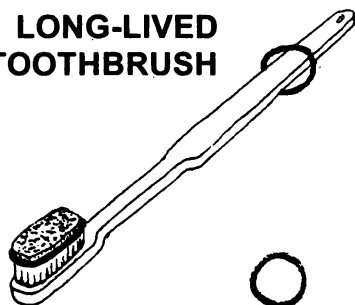
A square bed with peas growing up mesh, giving shade to other vegies within the structure.



Peas and tomatoes supported by the mesh. Onions growing in holes in concrete block edging.

that would grow vegies. Many visitors to the garden have commented favourably. And, as is usual with hard-won discoveries, I got a bonus: the concrete blocks presented many small holes that begged to be filled with soil. So I popped in garlic, onions, parsley, chives and herbs to provide not only a strong insect-repellant border, but that all-important final spicy touch to growing a square meal. ♣

## LONG-LIVED TOOTHBRUSH



12 mm or 1/2 inch diameter rubber band.

The best toothbrush for young and old, I'm told, is an 'extra soft' or 'sensitive' brush with fine soft bristles. This is because hard bristles wear away your gums which don't grow back. In bad cases the teeth fall out due to lack of gum support.

The annoying thing about soft bristles is that they bend easily and it's no time before the toothbrush looks scruffy. Slip a small rubber band over the handle and push it down and over the bristles and store it like this between uses. Take it off to use the brush. It will keep its shape for a very long time. ♣

Roberino

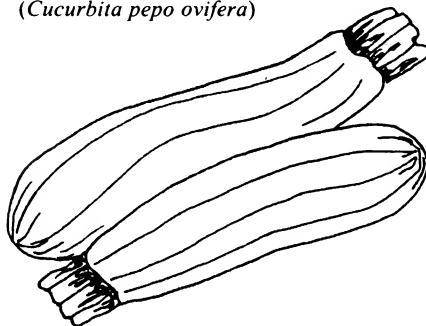
# GOOD COMPANIONS ZUCCHINI AND NASTURTIUM

by Helen Bell, GyMEA, NSW.

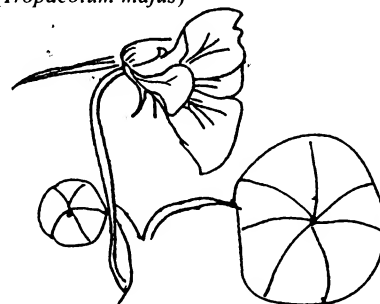
Nasturtium leaves are peppery, and refreshing on bread and butter. They can intensify the flavour of soups and stews, particularly for ulcer sufferers who cannot take pepper. The seeds (a substitute for capers) can be pickled in white vinegar. These 'capers', leaves and flowers can all be added to salads. The fresh flowers can be chopped and added to cream cheeses and pizzas.

Zucchini, or courgettes, are fast growing and need an airy spot in well-drained soil as they are prone to mould or fungal problems when left wet. They thrive next to a brick wall and should be watered on a drip feed system as overhead watering is disliked. Fungal diseases are controlled by thick mulch and judicious inspection and removal of infected leaves or plants. Zucchini are good companion plants for beans, mint, radishes and sweet corn.

**Zucchini/Courgette**  
(*Cucurbita pepo ovifera*)



**Nasturtium**  
(*Tropaeolum majus*)



Nasturtiums protect the zucchinis from aphids and are very beneficial in the herb garden. I've found they repel white flies from lemon balm and mint. They have antibiotic properties and a large vitamin C content in the leaves just prior to flowering. If the colour is retained in the dried leaves, they can be used during winter to ease sore throat, joint pain, headache and general bodily aches. If used carefully over long periods, symptoms can disappear. However, this herb should be used with caution. Take 15 - 20 grams only in any one day and have breaks in consumption patterns. It grows anywhere (even on compost heaps) and the seed can be sown directly into the bed. ♣

## KEEP ANIMALS?

You need a *Grass Roots* publication.  
See page 82 for details. ♣

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# MUCH ADO ABOUT MARIGOLDS

by Mary Horsfall, Longwood East, Vic.

How often have we seen advice to grow marigolds in the garden to control nematodes, to confuse and repel a variety of insect pests, or even to be dug into the soil as a general purifier and disease cure-all? We are also told that the flowers are edible and have medicinal properties. It sounds indeed to be a paragon of a plant! And so it is. But all is not quite that simple. It is in fact two different genera being referred to, not one, a distinction not always made clear in published material. The flowers of the two plants are similar enough that they have both been branded with the common name of marigold and there is some confusion about the properties of each. A brief description of each genus and a look at some of its attributes will help clarify the mystery.

## CALENDULA

There are about 20 species in the *Calendula* genus, the most well known and used of which is *Calendula officinalis*, referred to by the common name of English or pot marigold. Its origins are lost in antiquity, but this species is believed to have originated in southern Europe and to have been used medicinally since, some say, the sixth century BC.

The medicinal qualities are found in the petals of its yellow or orange flowers, from which an infusion or cream is often made. It is used externally to treat open wounds, fungal infections, sore nipples of women breastfeeding babies, minor burns and skin disorders such as eczema. Internally, it has been taken as a tea or infusion to improve digestion; for gastric, gall bladder and lymph gland inflammations; and to treat some menstrual irregularities. It is also said to improve blood circulation and soothe varicose veins.

The colourful petals have been used as a dye and fed to poultry to deepen the yolk colour and impart a golden glow to the skin. The petals, while not

being to everyone's taste, can be used to impart a mildly bitter flavour to salads, casseroles, biscuits or cakes.

In the garden it can be used to attract beneficial predatory insects such as hoverflies and wasps.

This species can be found as both tall and dwarf forms of a loose, bushy habit and with single or double daisy-like flowers having petal colours ranging through pastel cream to yellow and orange. Leaves are lance shaped and pale green. It usually self-sows with abandon and seedheads strewn in garden beds will germinate readily.

## TAGETES

Originating in central and southern America, there are about 50 species in the *Tagetes* genus. It is *Tagetes erecta* (African, American or Aztec marigold), and *Tagetes patula* (French marigold) that are commonly used in the garden for their pest repellent properties. In general, cultivars of *Tagetes erecta* are taller than those of *Tagetes patula*. Flowers are similar in colour and form to those of the *Calendula* genus, but may also encompass mahogany, brown and red, with some modern cultivars being multi-coloured. Leaves are dark green, pinnate and deeply incised.

Seldom referred to in modern herbals, these species have been used medicinally. A tea was recommended

‘to strengthen the heart’, and its anti-oxidant properties were believed to be especially effective for protecting the eyes. In India, the juice from fresh leaves was, reputedly, squeezed directly into the eye to heal conjunctivitis, or into open wounds to promote healing.

The petals have been used as a beverage and food flavouring and as a dye – in a similar manner to pot marigolds.

It is in the garden that *Tagetes* spp are most valued today. Their root exudates are fatal to nematodes and are also said to cleanse the soil of tomato viruses when planted after an infected crop. The pungent aroma of the leaves confuses insect pests. Plant them among vegetable crops to repel white fly, carrot fly, cabbage butterfly, pumpkin beetle, cutworm, spider mites and onion maggots. Plants dug into the bed after flowering are said to deter soil-borne pests and diseases.

*Tagetes minuta*, commonly known as stinking Roger, grows up to 180 centimetres tall. Its leaves are more pungent than those of other species and can be infused and made into a spray to dispose of ants, aphids and cockroaches, fleas, flies and mosquitoes.

*Calendula* (left) or *Tagetes* spp (right), marigolds deserve a place in every garden, not least of all for their abundant and cheerful flowers produced over a long period. ♡



# WHAT'S ON

The year is already off to a busy start, but with school holidays coming to a close now, there should be slightly more time to catch up on other interests. For example, if you missed out on the New Year ConFest, there is an Easter one coming up soon – what, already?!

## DOWN TO EARTH CONFEST

The next ConFest is coming up from 29 March till 2 April. Tickets are on sale and you can save \$20 if you pre-purchase them rather than buy them at the gate. As usual, there will be music, an arts village, workshops, discussion groups and great people. The Down to Earth website is at [www.dte.org.au](http://www.dte.org.au) or call the message line on 03-9506-8753.

## NATURAL HEALTH FAIR

The Back to Earth Natural Health Fair is being held at the Multifunction Centre Cooma Showground on 20 and 21 April. The event is designed to highlight ways we can help replenish, repair and utilise the earth's natural resources, so there will be a wealth of speakers and exhibitors

covering areas like ecological household products, sustainable power alternatives, alternative building products, natural health care, gardening supplies and information, arts and crafts, composting and recycling. For more information contact Lisa Stuart on 02-6452-5544.

## CRAFT & QUILT FAIR

The annual Needlework, Craft & Quilt Fair will tour Australia once more in 2002. Crafts being showcased include paper, paint, embroidery, quilting and more, in addition to craft supplies and free workshops. The Husqvarna Viking Quilt Challenge will also be on display at the Adelaide, Melbourne, Canberra and Brisbane Fairs. The tour kicks off at the Silverdome in Launceston from 28 February to 3 March and then moves on to other capital cities. Contact Ben Porter on 02-9939-4445 for more information, or visit [www.craftfair.com.au](http://www.craftfair.com.au)

## SUSTAINABLE HOUSING

During February anyone interested should attend the National Seminar Tour

on Innovative Solutions and Practical Ideas being held in every capital city and some regional centres. Well known architects and designers will showcase cutting edge examples of sustainable housing and discuss innovative ways to reduce costs and save the planet while building or renovating a home. Speakers include Robert & Brenda Vale, Tone Wheeler, Caroline Pidcock, David Oppenheim and Andreas Sederof. The touring seminar starts in Sydney on 18 February and there is an entrance fee of \$27.50. Call the Meetings Manager on 02-9241-2955 or visit [www.tmm.com.au](http://www.tmm.com.au) for more details.

## BEGINNING KUMIHIMO

Learn the basics of making beautiful cords and laces in the Japanese fashion. This Handspinners & Weavers Guild of SA class is being held on 23 and 24 March and costs \$41. Anyone interested in attending the masterclass with Makiko Tada in October will need to have completed this material. Contact Helen Vonow on 08-8346-3525 for more information. 🍷

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# Plumbing Up A Header Tank

by Chris Oliver, Miriam Vale, Qld.

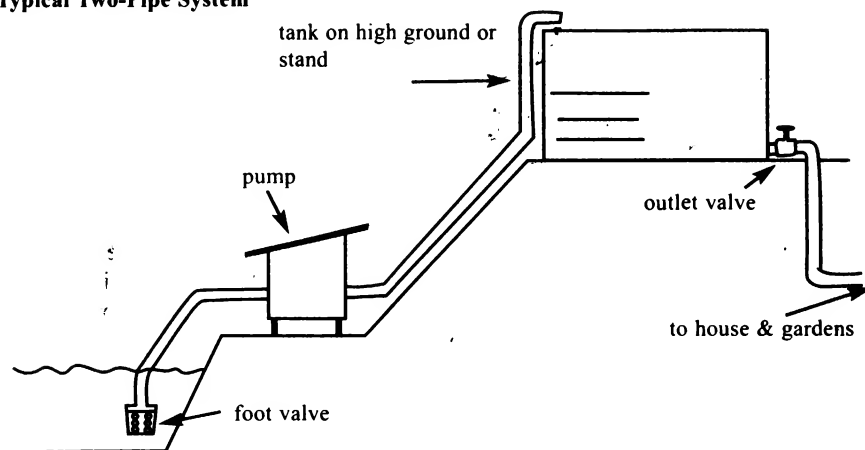
A tank on a high stand or on high ground can be a convenient means of providing water pressure for your house and gardens. When installing such a system you can sometimes save a few dollars (and a bit of effort) by realising that it is only necessary to provide a single pipe into the *bottom* of the tank. I often see setups where the delivery pipe from the pump is plumbed into the top of the tank and the outlet is furnished with a separate pipe to reticulate the water back to the house. Such a system works fine of course, but why bother running two pipes up the tank stand or up the hillside when a single one will do?

I saw a classic case some years back – a lot of years back in fact – it must have been about 1963. Black polythene pipe was the latest thing out and it revolutionised the way we thought about reticulating water. Prior to that we only had galvanised steel pipe that was screwed together in six-metre lengths – what a job.

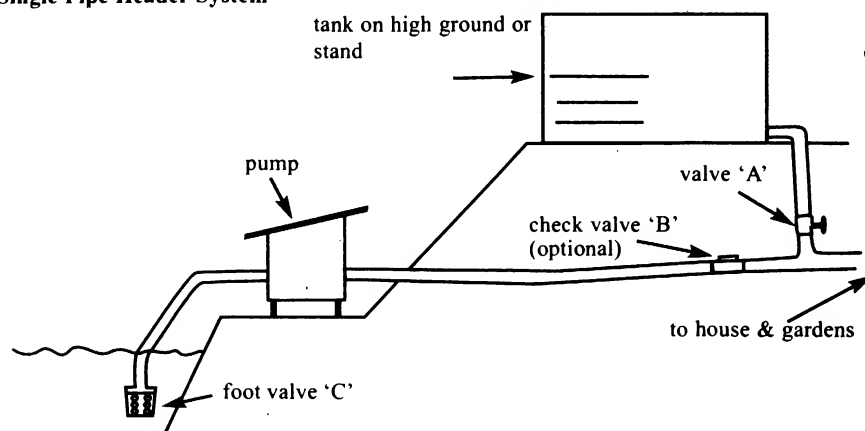
Anyway, as I was saying, a 90,000-litre tank had been installed high on a hillside. The water was pumped up through about 360 metres of this new fangled poly, and another 274 metres of poly brought it back down to the house. As diplomatically as possible I asked the owner why he had used the two pipes – and very patiently he explained to me that it would have been impossible to force the water into the bottom of such a large tank. ‘Too much back pressure,’ he said, and he told me that the pump would never do it. He seemed secure in his knowledge so I just agreed, nodded at his wisdom, and let it go at that.

It was all nonsense of course, for, in fact, the pump would have found it marginally easier to fill the tank from the bottom. You see, pumps aren’t all that smart. They don’t know they’re filling tanks. All they care about is head (or the height they have to pump to), plus the friction losses of the water dragging on the inside of the pipe. When it got the water up to the tank that pump would

Typical Two-Pipe System



Single Pipe Header System



have thought: ‘Phew that’s easier.’ For, instead of pushing the water very quickly through a five-centimetre pipe (with all the friction loss and drag), it would have thought it was pushing it extremely slowly through a nine-metre pipe: ie, the tank.

The other part of the equation is the fact that if the delivery pipe goes to the top of the tank and that point is, say 20 metres above the water level, then the pump works against a 20-metre head for the entire time the tank is filling. On the other hand, if the delivery pipe goes to the bottom of the tank (assuming the tank is three metres high and empty) the pump initially is only working against 17 metres, gradually increasing to 20 metres as the tank fills.

What difference does it make in the real world? Very little. But, in the example I have given, the farmer would have saved the expense of about 300 metres of five-centimetre pipe.

The diagrams should clarify the point. On the single-pipe system, valve ‘A’ can be closed to give full pump pressure for sprinklers or fire fighting. The only minor drawback to such a setup is the fact that if the foot valve ‘C’ should leak, it is possible to lose a tank full of water back through the pump. In practice this is seldom a problem, but optional check valve ‘B’ could be fitted if that possibility causes concern.

Contact Chris Oliver, PO Box 25, Miriam Vale 4677 for more information. 🌿

# RECYCLING RUNS RIOT

## At Tip Shops

by Roberino, Arrawarra Beach, NSW.

Recently I took my daughter Sunshine and myself to Brisbane to see how my favourite city was coping with GST, MSE, GMO and BAS. On the way I dropped in at a tip recycling project which had been touted to me by many GR readers. So I had to go didn't I? It was very easy to find. I just followed the 'John Flynn Hospital' signs at Tugun/Bilinga right near the Gold Coast/Coolangatta Airport on the Pacific Highway and a stone's throw from my usual resting place on the Gold Coast - The 'Aloha Motel' where I have been staying for 20 years. How could I have not noticed the Tugun Recycling Centre for so long? What a well-kept secret.

Gecko Recyclers and Flano's Recyclers operate here, with Gecko specialising in new offcuts from factories of all types and Flano's doing all the preloved everything. Sunshine went feral and got bags and bags of trendy clothing offcuts and remnants and I got . . . no, I won't make you all jealous. But the big plus here was the incredibly low prices, much cheaper than any local sources. I almost got out of the petrol cost of the trip for free. Next time I'll take a trailer.

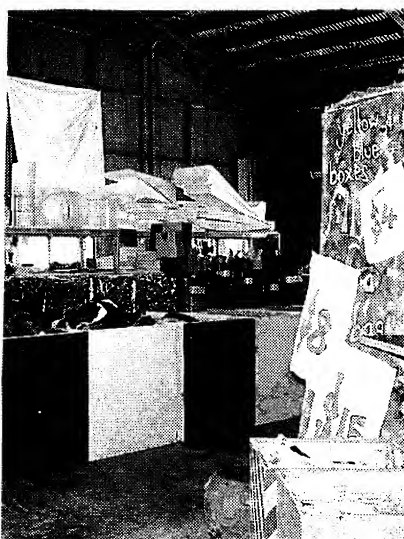
Brisbane was highly enjoyable for two days. For culture starved country people there is The Best Damn Art Gallery, museum, performing arts centre, library, and the Southbank complex, all on the glistening nighttime Brisbane river between Victoria Bridge and Captain Cook Bridge. Food halls proliferate from Queen Street, to Riverside to Southbank.

Nighttime (and daytime) river cruises are sensational. Sunday morning riverside markets for the arts and crafts crowd and very early Saturday morning garage sales for the impulsive/compulsive incurable junk collectors are so numerous. Well, just take a truck.

I'm told there is another tip shop on the Gold Coast between Southport and



The Tugun Recycling Centre is Mecca for scroungers and recyclers. The low prices are an added attraction.



Nerang on the Nerang Southport Road. Turn off at Ashmore Road and follow the tip signs along Harper Street.

Two days in Brisbane and one day on the Gold Coast went like a few seconds. No wonder south-east Queensland is the fastest growing area in Australia. Just to put it all into perspective though, I can remember as a seven-year-old travelling along the Pacific Highway at Currumbin with my parents in 1945 in the army's 1941 Chevrolet and getting bogged on the Pacific Highway! Dad was very

upset that a farmer charged him £5 (\$10) to tow him out with two Clydesdale horses. The car was painted khaki and Dad said if it had been painted any other colour the tow would have cost half that.

Hard to relate that where all the high-rise apartment buildings and holiday resorts are now, were all just paddocks and market gardens and swampland.

Brisbane is a Mecca for bookworms with The Circle Bookshop at 132 Albert Street, the best alternative bookshop I've ever seen. Not far away is Archives Fine Books at 40 Charlotte Street, with millions of books, some 150 years old. Not real cheap, but where else could you find a copy of *The Cosmic Matrix Part 2*, by Leonard G Cramp, or *The Sirius Mystery*, by Robert K G Temple, for \$12 each? These would have to be two of the most bizarre/loopy books I've ever read, but two books you could never put down until 7am after reading them all night. Am I crazy or is it just the books I read? ☘

# COUNTRY LIVING NOT FOR EVERYONE

by Vicki Judd, Boronia, Vic.

Heather Kozak's article, 'Moving To The Country, Can You Afford Not To?', in GR144 was an enjoyable read and had a couple of things that I'd never heard of before, such as rate recovery auctions. However, there were several points that I felt perhaps Heather had overlooked or not thought through, possibly due to lack of experience in the relevant areas.

Many people on pensions are quite elderly or on disability pensions. Yes, these pensions would be paid no matter where they lived, but many pension recipients would not be able to dig and mow large gardens. Even those who could have a garden and a few chooks would still have to buy some groceries, and country prices are far higher than in the city, so the money would not necessarily go further. Also, it's not necessary to live 'in the wilds' to be partially self-sufficient – many of us do so in suburbia too.

In the case of the ill or infirm, the majority of rural areas seem to be having trouble enticing doctors to work in the bush. They want the big bucks on offer in the big smoke, so many areas don't have a GP. Also, what happens if a specialist is needed? Does a country hospital have a coronary care unit, diabetes clinic and other specialist services?

The average waiting time for an ambulance in Melbourne is six to eight minutes, as there are many ambulance depots scattered around the suburbs. Many of the properties I've seen advertised, especially the cheapest ones, are half an hour or more by car away from the nearest major town, so I would imagine it would take 15 – 20 minutes for the ambulance to arrive, travelling at high speeds, that is if the one ambulance wasn't already on another job.

I'd also be interested in hearing what sort of psychiatric and nursing home services are available for those who need them. There would also need to be specialised services, including a

special developmental school, respite services and the like for children who are autistic. These services are few and far between in the country and are usually stretched to the limit.

I found myself thinking that if anyone could not afford to run a car and pay the mortgage/rent on a property, then they couldn't afford the property to begin with and probably should have waited awhile until they acquired a bigger deposit. I can't see a bank or credit union lending the balance of the money needed to anyone who couldn't afford to run a car as well as pay the loan off.

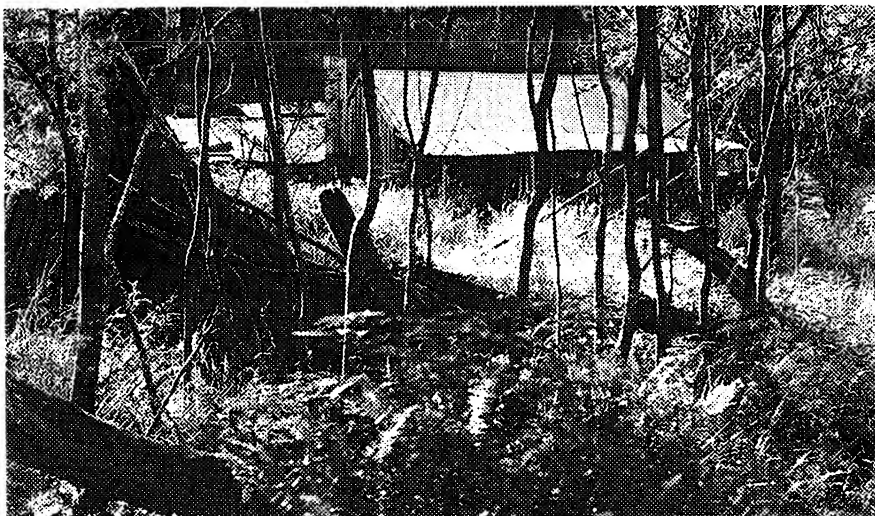
This led to other thoughts. Not everyone is able to ride a bike or a horse, and in some instances the distance from home to town would be prohibitive. Hitching a ride on the school bus, if there is one, might not be an option either, as their insurance only covers the school students and the driver. If they let anyone else on and the person got injured, they wouldn't be covered.

Shopping trips with no car would also be a nightmare. And what if Mum, Dad or one of the kids was sick and in need of medical attention, but not sick enough to require an ambulance? Ambulances are, to my mind anyway,

only for serious or life-threatening illness or injury, not just to take someone to the doctor with the sniffles or a sore throat or minor injury.

Don't get me wrong, I'd love to get out of suburbia, and as soon as I'm able to scratch up a reasonable deposit I'll start looking at what's out there. But being in the bush is not for everyone. Some people can't afford to make the move whether it be for health reasons, financial reasons or an inability to cope with the isolation. Not all towns have neighbourhood houses – many don't even have the proverbial pub and post office.

Even those of us who will eventually make the move don't have to wait till we do so to become partially self-sufficient. I've grown a few herbs and vegies, and plan to extend the gardens this year. I am also planning on trying to grow fruit trees from seed. I make our yoghurt, knit, make toys, get most of our clothing, books, sheets, towels and household necessities from op shops. I have also tried my hand at making paper, soap, jams and bread at various times, have bottled fruit as well, and much more. I'm not sure my lifestyle will change much once I get a couple of acres to live on. ☘



# Easy Wines

by John Walter, Albany, WA.

Store-bought wines are becoming more expensive as taxes take their toll, so why not beat the price rises and make your own? Amateur wine making is a rewarding hobby and a relatively inexpensive one. You can make as much as you want, as sweet or as dry as you want, and as often as you want, and you can make whatever wine you might fancy from fruits or vegetables in season.

One of easiest wines to make is, of course, grape wine, and these two simple recipes are taken from my books (details below).

## WHITE GRAPE WINE

- 3 kg white grapes
- 1 kg sugar
- 1/2 tsp nutrient
- 2 lemons, use juice only
- 1 sachet yeast
- 1 lt water

Sterilise all equipment. Keep records for future reference. Because you are crushing the grapes by hand, ensure that your hands are perfectly clean. You can dip your hands in the sterilising solution. Squeeze lemons and set juice aside. Wash grapes thoroughly, place in container and crush by hand. Boil the sugar in the water and add the juice of the lemons. Stir well. Add this to your main container and allow all to cool to room temperature before adding the previously prepared yeast and nutrient. Cover

securely. Leave to stand for four days in a covered bucket, stirring once or twice a day. Strain and flagon, fit airlock and allow to ferment out. Check if additional sugar is required and allow to ferment out completely. Rack off when necessary. Bottle and store. Ready after six months, better after 12 months.

## RED GRAPE WINE

- 4 lt dark grape juice, 100%\*
- 600 g sugar, dissolved in 1 lt water
- 5 g tartaric acid
- 1 tsp nutrient
- 1 sachet yeast

Sterilise all equipment. Keep records for future reference. Pour the grape juice into a large container and add the sugar syrup, tartaric acid, previously prepared yeast and nutrient.

Mix well and strain into flagon, fit airlock and allow to ferment out. Rack when fermentation ceases and a sediment has formed. Top up with cold boiled water, refit airlock. When wine clears, rack again. Bottle and store. Ready after six months, better after 12 months.

\* Ensure that the dark grape juice you are using does not contain any preservatives, additives or artificial sweeteners.

## More Recipes

*Cheers* and *Cheers Again* contain instructions and many recipes. Available from: John Walter, 6 McLeod Street, Albany, WA 6330.

For more wine making articles see GRs 124, 119, 120, 121, 122, 105, 106, 108, 104, 101, 103, 102. ♡



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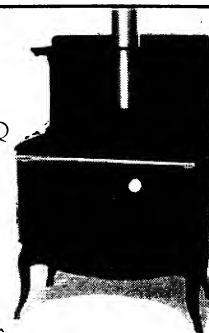
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# DIET AND HEALTH

by Bev Southam, Quaama, NSW.

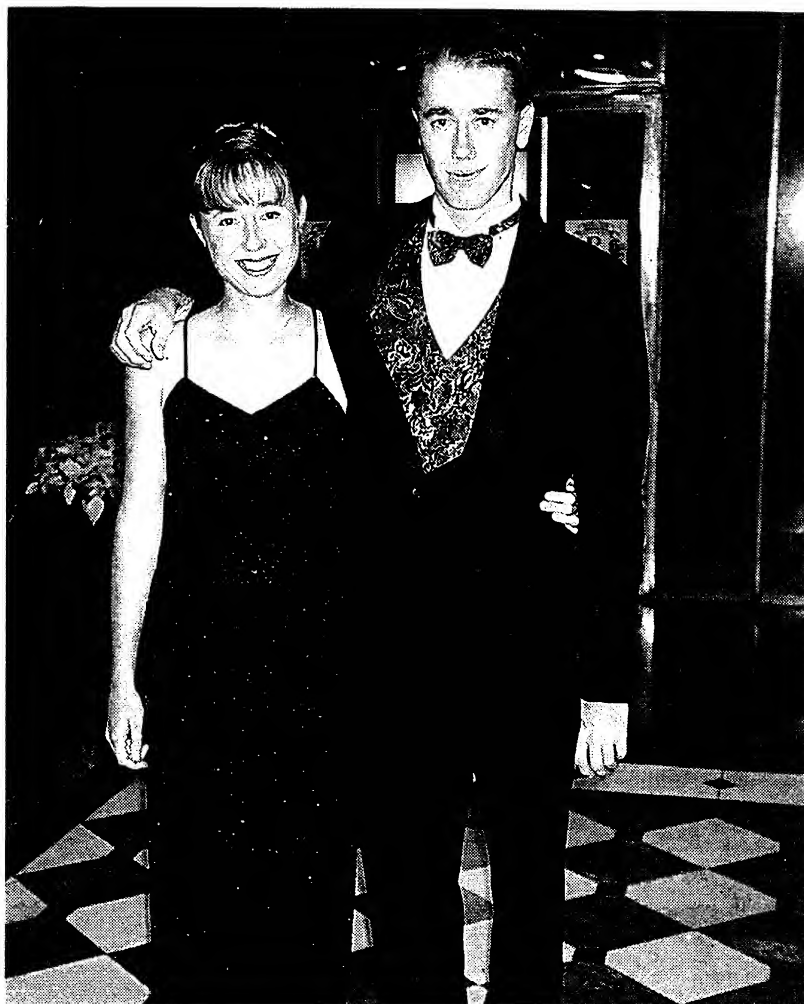
Both our son Danny and daughter Rebecca had health problems when small. Rebecca had many throat infections and at about the same time Danny was to have grommets put in to drain the fluid from his inner ear she was to have her adenoids and tonsils removed. The doctor believed there was no other way. Neither operation took place. After my incredible chance visit to a naturopath, both children changed overnight. We had no more sleepless nights; they went to bed at 7.30 – 8pm and didn't stir till 6 – 7am, in time for breakfast.

Danny would possibly not be with us to day if it hadn't been for the help of the naturopath. He was born by Caesarean section. Of course I was fed antibiotics 'just in case' I developed an infection, so Danny's first drink of mother's milk was dosed with antibiotics. This had a devastating effect on him: what went in one end rushed out the other in ginger liquid. Before we left hospital I was advised to wean him to a bottle, much to my distress.

He began to develop a snuffiness I was told was as a result of maybe breathing in some mucus at birth. He was forever sick, so the doctors were continually feeding him antibiotics. If it wasn't an ear infection and high temperatures, he was having more and more asthma attacks. If we couldn't hear him breathing at night, we would rush to check if he was okay. He had eczema around his ears and mouth and was constantly covered in rashes. Many a night was spent holding him upside down in the bathroom with the shower steaming to clear his passages. At eight months, the doctor wanted him in Canberra hospital for a week to undergo tests for cystic fibrosis or coeliac disease. I declared that he wasn't that ill. At the end of a week of horrific tests the specialists told me that they could find nothing wrong.

It wasn't till 16 months of age, after bad convulsions and a bout in hospital,

Danny (right) at nine months when he was a sick little boy and (below) aged 19 with his gorgeous sister Rebecca.



with Danny at his lowest, I decided to take him to a naturopath – 22 years ago believed to be 'quacks'. The naturopath read his eyes (iridology), told me things that she couldn't have possibly known, and said that he was basically a healthy child but he needed to be taken off all dairy food. She gave me some herbs to clean out his system. And

clean it out they did! The mucus poured from his nose, he coughed it up and it came out in his nappy. About 10 nights later we rushed to his bedside while he was asleep because we couldn't hear him breathing. We leant over and watched – it was the most peacefully this little boy had slept in all his short life. The raspy breathing had

gone and he slept with a look of total peace. He had one asthma attack from that day till now. He was once given a cup of milk to drink and by night he had a bad attack of asthma. By then I was a wiser person; doses of good old honey, lemon and glycerine sipped as often as needed cleared his airways.

His eczema put in a brief appearance, but was soon gone. That was my indication down the years that Danny had been conned into having some ice cream (his friend's mum would say 'come on this little bit won't hurt you'): eczema would appear around the corner of his mouth and he'd develop a bit of a cough.

We had dramatically changed our diet; we drank fresh vegetable juices, ate no dairy food but heaps of fresh raw fruit, vegetables, fish, organic eggs and lots of nuts full of calcium and other vital nutrients. Our family never suffers from flu or any of the bugs that seem to spread around. We never again had sleepless nights with our son and daughter. Without the destructive effects of dairy food our son Danny is 1.9 metres tall, broad shouldered, with bones of steel. At 22 he has had no reason to have ever visited a dentist. Both Danny and our daughter Rebecca excelled at sports, music, dancing, and were top students. Incidentally, Rebecca is now a naturopath. For another touch of irony, my husband Geoff grew up on a farm, has been a cheese maker all his adult life, and is second in charge of his factory.

Bev has compiled a recipe book using foods that are dairy, wheat, gluten, yeast and sugar-free. It is based on the regime that has kept her family healthy. *A Primitive Diet* can be obtained from: Beverley Southam, PO Box 37, Quaama 2550, for \$19.95. Ph: 02-6492-1610 for enquiries. ♣

## WILTLESS TOMATOES

Companion planting garlic chives with tomatoes can suppress bacterial wilt. This is useful information for those who have difficulty growing tomatoes in hot, humid regions where diseases such as southern bacterial wilt thrive in damp conditions. The garlic chives' roots release compounds that inhibit the growth of the bacteria that causes the wilting. ♣

# EASTER RECIPES

by Gaelle Murray, Taree, NSW.

**It might seem too early to be thinking about hot cross buns and Easter eggs but this festive time is only weeks away. Here are some easy recipes to make and enjoy.**

## HOT CROSS BUNS

2 x 7g sachets dried yeast  
 1/4 cup castor sugar  
 3/4 cup warm milk  
 4 cups plain flour  
 1 tsp ground cinnamon  
 1/2 tsp freshly grated nutmeg  
 2 tsp mixed spice  
 1/2 tsp salt  
 90 g butter, chopped  
 1 egg, lightly beaten  
 1/2 cup warm water  
 1 1/2 cups mixed dried fruits of your choice  
 1/2 cup mixed candied peel

## Flour Paste

1/2 cup plain flour  
 1 tbsp castor sugar  
 1/3 cup water

## Glaze

1 tbsp castor sugar  
 1 tsp gelatine  
 1 tbsp water

Combine yeast, one tablespoon of the sugar and milk in a small bowl, whisk until yeast is dissolved. Cover bowl, stand in warm place about 10 minutes, or until mixture is frothy.

Sift flour, cinnamon, mixed spices and salt into a large bowl, rub in butter. Stir in remaining sugar, yeast mixture, egg, water and dried fruits. Cover, stand in warm place about one hour, or until mixture has doubled in size.

Turn dough onto floured surface, knead about five minutes, or until smooth and elastic. Divide dough into 16 portions, knead into balls. Place buns in greased 23 cm square slab cake pan, stand in warm place about 20 minutes, or until dough has risen to top of the pan.

Make flour paste by combining flour and sugar in a small bowl. Gradually add in water, stirring until smooth. Place into piping bag fitted with small plain tube, pipe crosses onto buns.

Bake in moderately hot oven for 10 minutes. Reduce heat slightly and bake about a further 15 minutes, or until browned. Turn buns onto wire rack.

Brush top of buns with glaze made by combining all ingredients in a small pan, stirring over heat, without boiling, until sugar and gelatine are dissolved.

## EASTER BREAD AND BUTTER PUDDING

hot cross buns  
 butter  
 orange marmalade  
 2 eggs  
 1/3 cup sugar  
 2 cups milk  
 1 cup thin cream  
 nutmeg

Cut hot cross buns in three – spread butter then orange marmalade on each side of slice. Layer slices in an oven-proof dish. Whisk eggs with sugar, milk, cream and nutmeg. Whisk until well combined. Pour over sliced buns and stand for 20 minutes. Then put into oven at 180° C and bake for up to 40 minutes. Serve with cream, ice cream and custard.

## COLOURED EASTER EGGS

The vinegar in this recipe is needed to set the colour on the eggs. Different colours can be made by repeating the recipe with food colouring or dyes. The longer the eggs sit in the mixture, the darker the colours will be.

750 ml (3 cups) water

1 tsp food colouring or dye of choice

1 tbsp white wine vinegar  
 6 white hard-boiled eggs

Combine boiling water, food colouring or dye and vinegar in a bowl and mix well. Add eggs and let stand in mixture for 10 minutes or until desired colour is achieved. ♣

# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

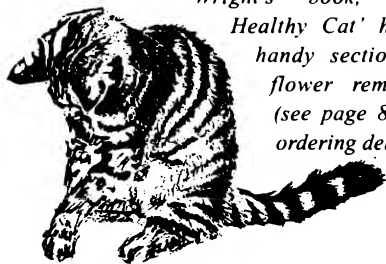
### INAPPROPRIATE CAT BEHAVIOUR

I have a bad problem with my cat licking his paws – licking until they are raw, and he must have bitten them to make them bleed profusely. The vet is confounded and of course with each suggestion and test the bank account also becomes problematical.

**P Moule,  
POINT FREDERICK 2250.**

*It may be best to approach your cat's problem from a behavioural point of view. When did this undesirable habit start, and what initially was the stress or incident that triggered it? A visit to either a Bach Flower remedy practitioner or homoeopath, who will look at the emotional causes, may prove beneficial and lead to a positive solution. Where an animal like a cat has developed an inappropriate habit, owners are encouraged to consider ways of stopping the behaviour (easier said than done) by distracting the cat from the licking and biting and encouraging it to develop a more desirable action when stressed/jealous/unloved, or whatever the underlying causes(s) are. Madeleine*

*Wright's book, 'The Healthy Cat' has a handy section on flower remedies (see page 82 for ordering details).*



### UNWANTED MITE

I keep and breed several cultures of mealworms and I am having trouble with mite. This mite is found in every bag of bran and when I keep the boxes of mealworms in a warm room, the mite rapidly breeds also. To breed mealworms successfully, they need to be kept at 25° C.

So how do I get rid of this pest?

**Robert Bishop,  
CABOOLTURE 4510.**

*We're scratching our heads over this one. Can any reader help, sharing the information via this page so everyone benefits?*

### CONTACTS FOR NATURAL REMEDIES

I have two questions for the panel or Grass Roots readers.

Where can I source a supply of diatomaceous earth (DE) suitable for feeding to livestock? I saw this product in America where it is used for worm control in cattle, plus eliminating flies externally.

I would like to hear from cattle producers who have successfully beaten the buffalo fly/tick problem using alternative products other than chemicals.

**Bart O'Reilly**  
*As you haven't said which state you live in, it is difficult to recommend a supplier for diatomaceous earth. Because of problems with buffalo fly/ticks, we are assuming you*

*are in the northern part of Australia and a phone call to Country Heritage Feeds of Highfields, Qld, ph: 07-4630-8571, or email: heritagefeeds@bigfoot.com, who supply certified organic stockfeed to pigs, poultry, cattle and ostrich, may prove fruitful. If this firm does not carry animal grade diatomaceous earth they may know who does. This product has been used in America and also New Zealand for natural control of parasites. The 'earth' has microscopically sharp edges and these pierce the external covering on parasites, killing them. They pass harmlessly through the digestive system and are voided in manure. Diatomaceous earth can also be used as dust against external parasites.*

### FLOCK PROTECTION

I read with interest the piece in this section last issue re magpie attacks and the usefulness of a rooster. We keep a small flock of hens and a bantam rooster, a most placid good natured chap. At least so we thought until recently a goshawk attacked the flock and followed them into the hen house. The rooster went ballistic, leaping at the intruder and inflicting much bloody damage, in fact he would have killed it had we not rescued this sad and sorry bird. Clearly, a rooster is invaluable for protecting hens from all sorts of dangers, even inoffensive looking bantam roosters. 🐔

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# ECO NEWS

## WILDLIFE NEWS

The endangered spot-tailed quoll has recently been sighted in Gippsland, Victoria, the first confirmed sighting in the area for 15 years. The animal was found on a verandah by local residents who took it to an animal shelter. It was examined by a vet and a biologist and later released into the wild near where it was found. The quoll was an adult male in good condition apart from minor lacerations. People in the area are asked to report all quoll sightings to: Andrew Murray on 03-5161-1302. For more information an action statement can be viewed at: [www.nre.vic.gov.au](http://www.nre.vic.gov.au)

Several pairs of stick nest rats successfully bred at Scotia Sanctuary and returned to the wild are being tracked by means of radio collars. All the animals have survived and three of the females have healthy young, indicating that they have adapted well to their release. This is in addition to a population re-introduced to a predator-free island in WA in 1990.

Peregrine falcons that nest intermittently on top of an inner city Melbourne building returned to breed in 2001 and successfully hatched two young. The cityscape reflects the birds' natural cliff and canyon landscape and sufficient prey is obviously found in city parks and gardens. Pigeons beware!

A new breeding program at the Melbourne zoo is aiming to increase numbers of the endangered southern corroboree frog and repopulate its habitat in the Kosciusko National Park. The frog is distinctively marked with black and yellow wavy stripes covering its body. There are believed to be only about 200 adults of this species left in the wild.

A rare native bee, the five-millimetre-long *Homalictus rolandi*, has been rediscovered in a Queensland rainforest, the first sighting since 1902. This species has unusually large eyes, believed to be an adaptation for flying at dusk or in the dim light of the tropical rainforest.

## BIOLOGICAL WEED CONTROL

In efforts to control weed pests increasing numbers of biological control agents are being released. Two weeds recently targetted are blue heliotrope and bitou bush. A black beetle with a distinctive red stripe down each wing case,



Spot-tailed quoll, formerly known as tiger quoll. DNRE/McCann

*Deuterocampta quadrijuga*, will help control blue heliotrope, a significant agricultural weed in at least three states. A South African leaf-rolling moth of the *Tortrix* species is the latest in a range of biological control agents to be released on bitou bush, a major environmental weed of coastal, and other, areas. From 1946 to 1948 bitou bush was deliberately planted on coastal dunes to stabilise sand. In all cases the biological agent is regarded as only one part of an integrated long-term weed control strategy.

## BIODIVERSITY CONSERVATION

Queensland is the only mainland state that has not committed itself to supporting new targets for biodiversity conservation. The other states, the ACT, and the Commonwealth will cooperate in achieving five-year targets aimed at reversing the decline of native vegetation, improving the quality of protected areas, assisting the recovery of threatened species, and reducing the environmental impact of introduced species. Overclearing of native vegetation has been highlighted as a major concern. Similar targets in the past have not been met, perhaps the more widespread support for this latest set offers hope for a more positive outcome.

## RECYCLING RESOURCES

EcoRecycle in Victoria is encouraging recycling in a diverse range of areas. This state government agency has been charged with encouraging Victorians to reduce waste. A recent project has been funding part (\$250,000) of a \$750,000 facility to turn waste paper into com-

post. Working in conjunction with Pinegro and Amcor, 40,000 tonnes of waste paper pulp per year will be diverted from landfill, combined with eucalypt bark and sawdust (both also waste or byproducts), ground, aerated and converted to compost – which will then go to improving soil for agriculture.

A pilot program in Melbourne involving major electronics companies aims to collect 5000 discarded televisions and VCRs by March 2002 and to recover as much as possible of the metal, plastic, glass, and other components for reuse. The project is expected to provide information that can be used to develop a national scheme.

Funding has been given to a computer repair/reuse scheme to enable it to increase the number of old computers it puts back into circulation to between 600 and 800 per week. The Computer Information Technology Program uses skilled team leaders who train volunteers and unemployed job seekers in recycling outdated technology donated by businesses. The recycled computers are donated to worthy causes both within Australia and overseas.

Other projects include the collection and composting of food waste from Melbourne businesses, a system that vastly reduces the amount of packaging waste going to landfill, and a method (still being developed) of using recycled plastic to make railway sleepers that will replace timber ones in some applications.

For more information about these, and the other projects EcoRecycle is involved in, contact: Ian Williams, on 03-9696-1600. ♻️



# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

Yesterday I had started up the **BREAD MACHINE**, when I spotted Sharon Douglas' article 'Basic Bread' in GR146, which was open on the kitchen table. Thinking that a comparison might be interesting, today I've noted the machine procedure we use in bread making. In buying ingredients we look for prepared bread mixes, in mixed grained varieties, never white bread mixes. We take care to look for specials, usually in the ten-kilo bags, which are lower priced than box mixes. Now, if speed is essential, then the oven-baked bread is the quickest in cooking time. We used the stopwatch on the bread machine: time lapse, four minutes, to put machine on bench, weigh up bread mix, add warm water and olive oil to machine, then add bread mix, open packet of yeast and add to machine, close machine and turn on power, put away scales and flour ladle. Four minutes working time. Cooking time for light crust was two hours fifty-eight minutes and for heavy crust three hours five minutes.

Yes, you can do two loaves in the oven against one in the machine. We bought a small machine to save money. Ultimately, we would have been better off buying the larger machine.

With the machine you can pre-set up to 13 hours so as to have hot bread for breakfast, lovely with a large dab of butter. Not good for the waistline, nor I believe is fresh bread as digestible as that which is two or three days old.

The machine method wins in the clean-up process, no washing up, at most a quick wipe out of bread tin, pack and put away machine.

If Sharon wants to have her family on the higher fibre breads, she might try the suggestion in GR some issues back. A lady starting with a white flour mix gradually increased the wholemeal content, bringing about a gradual change in her bread mix.

In GR145 Dr Atwill had an XLNT article on use, care and caution in the use of horse manure. His notes on soil care and possible water pollution are important, especially when we can so often see agistment paddocks overstocked, bare of grass, dusty and foul smelling in summer, waterlogged in winter. Dr Atwill's article gives us a good insight into responsible care both for the land and the animals involved.

Ken Woods,  
79 Blake St, SHOREHAM 3916.

Hello Readers,

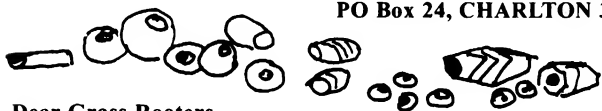
With the number of land sharing communities setting up I would like to sound a warning to people intending buying into an **ESTABLISHING COMMUNITY**. To prevent problems arising further down the track and to clarify your rights, I would advise people to get everything relevant in writing before joining an unknown community.

Neil Barraclough,  
C/- PO BRIAGOLONG 3860.

Dear GRs,

Hi. Does anyone out there know how to make real dinki-di, true-blue **NIPPONESE SOYA SAUCE**? And sauerkraut, from cabbage, water, salt: Any culinary geniuses know how to make this?

Shane Hanson,  
PO Box 24, CHARLTON 3525.



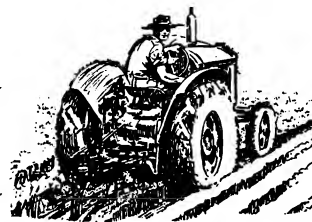
Dear Grass Rooters,

My first introduction to this mag was in 1995 by none other than the favourite 'Stock Camp Cook'. I am looking for **SOAP RECIPES** using olive oil with lime or ash, no caustic soda. I also need to find a supply of raw **WOODEN BEADS**, all sizes. If anyone can help I would love to hear from you.

Fiona Robb-Davis,  
C/- Strathdale PO, STRATHDALE 3550.

Dear GRs,

I am a GR reader of bought, borrowed and begged magazines, so my library of reading is somewhat erratic to say the least, but the article by Mick Arnold in GR138 about his **OLD GREY FERGIE**, reminded me of how I met George - George of the Tractors.



We had purchased our plot of 41 acres, planted our 1000 olive trees under reticulation, and the world was rosy! I wanted to share our paradise with a few friends and invited all 100 of them to camp out on the natural tree line and creek, in September.

Disaster awaited, had we known! Our area is 'blessed' with Paterson's curse or salvation Jane, depending on who you speak with. By September it was higher than the olive trees, higher than the bonnet of the ute, and we had no means of slashing. Enter the old grey Fergie, only I called mine Freda. She came with her own slasher and carry-all. On the day the sellers delivered Freda to the farm, no sooner had the truck stopped than a near neighbour drove in and introduced himself as George.

He came to see the tractor, he'd seen it on the truck and thought it must be going somewhere close so he followed it. Ever since Freda arrived George has become a good friend. Guess who taught me to drive Freda, water, feed and oil Freda, change her tyre. In fact, anything to do with Freda, George taught me.

The other day George saw me out slashing this season's curse while it was small, and he came and asked if he could 'have a go', so I went off to do other things. When I saw George and Freda again George was scratching his head and he had the bonnet up so I asked him what was wrong. 'Dunno,' says George. 'She just stopped.' I jumped out of the ute and gave Freda a friendly whack with a piece of wood kept for just this purpose. And away she went! I was chuckling as I got back into the ute singing 'I started the tractor for George. I started the tractor for George.' Just like a kid, and loving it.

We had a cup of tea later and George asked me if Freda stopped like that often. I told him she sometimes did it when we had been over rocky ground. 'Ah ha,' said George and disappeared in the direction of Freda. He came back awhile later with the bit of wood. Throwing it at me, he said, 'Burn this, you won't need it anymore. No tractor's going to stop on me!'

All the neighbours tell me they can't start up their tractors without George being around. And everything that Mick wrote about the Fergie is true. I love Freda. And I love George, he's 72. George of the Tractors.

Robyn Jackson,  
39 Montrose Ave, GIRRAWHEEN 6064.

Dear GR readers,

I would like to thank everyone who responded to my question about hexadome houses; your response was much appreciated. Approximately six years ago I was diagnosed with a rare form of brain cancer. Due to the treatment I had I have been left with a very dry and itchy scalp. To ease the discomfort I found relief by rinsing my hair daily with **KOMBUCHA TEA**, however, my condition has returned and unfortunately I no longer have a culture to use. If any readers could point me in the right direction to obtain a culture it would be much appreciated. I will gladly pay for postage if someone would like to send me one. Thank you all for your help.

Scott McLean,  
44 Anne St, KOROIT 3282.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld. ♡

# FEEDBACK LINK-UP FEEDBACK

**Dearest Megg,**

As you can see by the address, we **LIVE IN SCOTLAND** and have done for the past year. I am English born, and spent 30 years of my life in Australia. We decided to relocate back to the UK to live in 1998, so spent the first two years in Wiltshire. We moved to Scotland because the lifestyle we were living in England was nothing short of hectic. After living fairly self-sufficiently in Oz, we wanted to duplicate that life here, which we are doing quite successfully. We still work, but only part time. We have lots of time to do whatever we want to do, which is usually spent in the garden! Anyway, we were always regular readers of GR in Oz. I have missed reading your mag so much. When we were recently back in Oz for a holiday, we noticed number 145 on the stand and couldn't resist buying it, hence enclosed is the subscription so we can become regular readers again!

We live in a remote village in Scotland and are lucky to have the ocean/beaches close by, plus forest and mountains, it is very beautiful here, but we do still miss Oz. We keep some chickens, which have a huge run and access to our woodland area up the back of the garden. We sell our surplus eggs, which everyone raves about. We did manage to throw in a few vegies – beans, onions, leeks and tomatoes – in different parts of the garden, but a bit later this year we will establish a 'proper' garden. We are also planning on selling our surplus. Thanks again for a fantastic magazine. We have enjoyed reading it for years and we will look forward to reading it this winter (the BIG chill!).

**Melanie & Paul Powell,**

**124 George St, Whithorn, WIGTOWNSHIRE,  
SCOTLAND DG8 8QA.**

**Dear GR & Readers,**

I often read of people enquiring after miniature pigs. Forget it! I had one so-called **MINIATURE PIG** – she wasn't. She quickly grew to become a large pig. She also was quite nasty and would turn on you as soon as look at you. A professional pig breeder came around and muttered something unprintable, along the lines of 'good for sausages, 'bout all'. Also, something about her being the ugliest thing he'd ever seen. Oh well. She may have been ugly, but she definitely had brains. She could 'sit', 'stay', 'lie down' and 'get back' on command.



I also used to have a beautiful Jersey cow, who didn't like men and had a pet sheep for her baby. Everyone thought it was her calf until they had a closer look. She was very protective of her 'sheepy' and they went everywhere together, just like best friends.

**Suzy C,**

**PO Box 1599, GERALDTON 6531.**

**Dear GR Staff & Readers,**

This is my first correspondence, though I have been reading the magazine for a few years now. I am amazed that some of the old remedies/cures are still remembered, also solutions to problems, along with a lot of very good new ones.

Reason for this letter? To see if there is anyone out there who has a recipe for **CURING BAMBOO** that they would care to share with me. Also, to let persons who might be interested know that I am in Darwin at present, leaving end of October, down through the Centre to north-central Vic, and leaving again March/April '02 through NSW and Qld. So if there is anybody who needs work done in exchange for meals/place to camp, please contact me. I have some experience in most aspects of the building industry, also with horses and other livestock.

**Bob Maxwell,**

**PO Box 183, WEDDERBURN 3518.**

**Ph: 0428-943-013.**

**Dear Grass Rooters,**

Things have dramatically changed in the last six months. We have moved from Dergholm, Vic, and are now living in Merino, Vic. We have purchased a house here. Things got too tough where we were. Actually, 'too tough' is an understatement! Anyway, our number four boy, Darcy Connor, is now eight months old and is an absolute treasure. People ask me how I cope with four boys. I cope easily! They are so much fun. Besides, I had four older brothers. That's enough 'work experience' for anyone.

Could anyone involved in **COMMUNITY GARDENS** please write to me. We are hoping to get one started up here in Merino. Any info would be helpful.

Also, I'd really like to get my hands on a variety of seeds for the future community garden. Flowers, fruit, vegies... any type of seeds would be greatly appreciated to help the gardens get a start. Donations?

We are making a huge effort to recycle in our family. However, I'm having trouble finding ways to reuse some of our recyclable collections. Any advice on **REUSING EVERYDAY** trash would be great.

**Nikki C,**

**PO Box 26, MERINO 3310.**



**Dear GRs,**

At the Bellingen Markets (nearly as good as the Byron Bay Markets but with much more town and music atmosphere and ambience) I bought some amazing young turnips and swedes with their tops on. These tops were a real gourmet's delight when lightly steamed and served with a béchamel sauce (packaged variety I'm ashamed to say). I've tried to tell the stallholder that by cutting off the tops and selling them separately he'd almost double his profits. Also, if he harvested the root crops when young and tender and tasty he'd get maybe three crops instead of one. But he just glares at me as if I'm an imbecile and goes white when I joke and say I only eat the green leaves and throw the roots away.

I wish someone would market a **SAFETY KIT OF DUST MASK AND SAFETY GOGGLES** that are compatible. Standard issue kits on building sites are a joke and contribute to accidents. The main problem is that the goggles usually foul on the dust mask so that neither fits very well, so compromising eye and breathing safety. Many hinder the view when you look downwards, as you do to use a circular saw or any number of hazardous tools, or are walking a plank between two buildings many stories up in the sky. Sometimes the workplace calls for ear muffs and hard hats too. The dust mask should have two replaceable filters for dust or hazardous fumes. It's a miracle there aren't more workplace accidents (this includes farms, folks!). If anyone knows of a compatible kit please let me know – I've been looking for years, to no avail.

**Roberino,**

**Lot 4, ARRAWARRA BEACH 2456.**

**Hi Fellow GR Readers,**

I am seeking information on two different subjects. Firstly on **JEWELLERY DESIGNING** techniques, preferably working with silver. Books (willing to purchase) or any ideas/tips would be appreciated.

Secondly, I need your help obtaining knowledge on all aspects associated with **TRAVELLING IN A MOTOR HOME**. I am a lady in her 'mature years' who is considering touring our great country and would love to hear from you. Everything, including tips, cautions, anecdotes would be appreciated. Also what brands are more trustworthy, prices, where to look etc. I would love to meet up with people who have either experienced or are wanting to experience these adventures. Hoping to go early next year so please write soon.

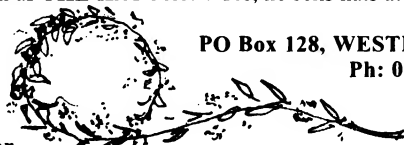
**June Hamilton,**

**PO Box 510, BUDDINA 4575.**

# FEEDBACK LINK-UP FEEDBACK

## Dear GRs

I am planning a trip to VICTORIA early in 2002. I will be looking for a **HOME TO BUY**; something that might suit tourism, bed and breakfast etc. I would appreciate advice and information from somebody who perhaps has something for sale, or has experience in this industry. I have also lost contact with a friendly Dutchman I met. He is known as **THE HAT MAN**. Yes, he sells hats at the markets.



**Heather,**  
PO Box 128, WESTMEAD 2145.  
Ph: 02-4627-8910.

## Dear Editor,

A word of warning about making **WREATHS FROM PLANT MATERIAL**. I had several of various sizes I made from willow on a river bank in NSW (a way to use feral trees). They were hanging in my craft room for two to three years, looking decorative, awaiting use, until I noticed frass under one one day and discovered they were riddled with borer.

**Jan Penny,**  
18 Sidney Drv, BEERWAH 4519.

## Dear Grass Roots,

I have been reading GR on and off for a very long time, dreaming sometimes, remembering sometimes, laughing and crying at other people's stories. It feels like an extended family. Through that time I have experienced divorce, single parenthood, lots of study and work, then a very happy second marriage, which was taken from me by my husband's death last December at the age of 55. With him I shared many experiences, including a stint on five acres in SE Queensland where we kept coloured sheep and Chinese Silky bantams, grew our own veg and propagated local native plants to begin reforestation of a paddock previously cleared for cattle. We ran a restaurant in Queensland for three years (he was a French chef) and returned to Sydney at the beginning of the '90s, largely due to his health problems which were only just beginning then. He had scleroderma. About 12 years ago, and with his help and encouragement, I began to paint, returning to college in 1991 to finish my Diploma of Fine Arts, and have been painting fulltime ever since.

Now I face another chapter of my life, alone again and uncertain of the future. Although I have painted a couple of canvases over the last nine months, it has been a long walk through the dark tunnel alone before the energy or will to even sit in front of the easel began to return. Even so, I retain my interest in environmental issues and in the wonderful challenge of being self-sufficient. I certainly can relate to 'Mountain Boy' (GR147) and his dilemma about moving out far from safe family and city security nets. I guess we have to spend lots of time in peaceful unhurried thought, facing all the possibilities, including the impact on ourselves and the family if we become ill or unable to cope. Family ties are very important too, and I would probably not move out of range of my two sons for that reason. I wouldn't mind a few years in France – the countryside around my husband's family is beautiful, but without my sons life could become very empty. I'd miss my dog too. If any other readers have struggled with problems like mine it would be good to write or email, maybe get some good advice from each other or at least share the dreaming.

**Kay,**  
PO Box 1223, Rozelle 2039.  
Email: Demeter@smartchat.net.au

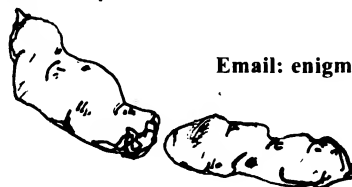
Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published. ☘

## Dear Friends,

I have been reading GR since issue 9. Don't write in much, although years ago I had a lovely letter from an older couple in Tasmania offering for me to live at their place, as they didn't have any family and I was in dire need to get into the wide open spaces and for a peaceful existence after great trauma in my life.

Unfortunately, my letters were lost, along with a great deal more of myself. I can't recall their name or even where they lived. I only recall saying I didn't think I could bear my situation any longer. Maybe they will know who I am. I was using another name to write to GR at the time as I didn't want my oppressor to know I was trying to change my situation and I don't remember what name I used. I would love to find a property to caretake. I'm a competent, mature woman, who is now finally sick of being a martyr/victim. I like to pack as much as possible into my days and could be of great help to older persons as I love to work on the land, feeding animals and doing whatever needs to be done. Please think of me if you need someone to help out.

**Enigma,**  
Ph: 02-6554-5124  
Email: enigma77@bigpond.com



## Dear GRs,

Regarding New Zealand yams: Yam is a misnomer that has stuck because, till now, no more suitable name has been found. Yam, of tropical climates, is far different, huge, compared to the so-called **NEW ZEALAND YAM** that is small. Obtain one small seed tuber from a shop, or more if you wish. Plant it in springtime and leave till frosts knock it down in autumn, then dig up thousands. Eat some, save some for seed potatoes. Watch out, I think, they belong to the oxalis family and multiply fast. You will have yams for years in any ground they grow in. To cook, slowly roast a whole tray of them in the oven with olive oil. Turn regularly. Prick, when soft, add salt and pepper. Super!

**R Taylor,**  
39 Cardo Crt, LUDMILLA 0820.

*See GR117 for a detailed article about New Zealand yam or oca.*

## Dear GRs,

Here's a teeny note as an addition to the article you published. (Thank you! Thank you!) You can now view **ECOFRIENDLY BUILDING PRODUCTS** at the Master Builders Association Display, Broadmeadow, Newcastle, NSW.

**Wendy Murdoch,**  
23 Peppertree Circuit, TORONTO WEST 2283.

## Hi to all of you!

Please, anyone; my sister aged 57 has been diagnosed with **ULCERATIVE COLITIS DIVERTICULITIS**, precancerous condition of her tongue, and low liver function. Any help or advice possible would be so much appreciated. Steroids help with the colitis, but once the reduction in dosage starts the colitis rears its ugly head as fiercely as ever. Her autoimmune system is kaput – out of wack.

**Avril Moule,**  
31A Albany St, POINT FREDERICK 2250.

## Dear GR,

I am writing to let you know that my boyfriend and I have decided to travel (drive) from South Australia to tour Western Australia for three months in February 2002. We are going to be driving a F100 ute with enclosed canopy, on gas and petrol. I would like **ANYONE WHO HAS TRAVELLED** to write to me with any information, handy hints on what should be taken on our travels.

**Pam,**  
PO Box 380, VICTOR HARBOR 5211.

# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

We are planning to develop a series of 20 **SUSTAINABLE COOPERATIVE ECOVILLAGES** or mini permaculture townships of up to 300 members. Membership is open to all ages, but due to the isolated aspect of some of the locations not all may be attractive, in particular to families with children at high school.

The original idea was to cater for the over-fifties generation, but we feel that being intergenerational will have many benefits. Except for the age of some of the group, there is little in common with retirement villages or hippy communes.

All land is to be cooperatively owned and members may trade or exchange their user rights with other members at another location without an outright sale taking place. We are currently investigating the possibility of government assistance for the housing aspect of the project and for tree planting and landcare.

A think tank and business incubator with seed capital will encourage and assist the members to create cooperative income-producing working units, thereby avoiding reliance on the pension and social welfare system.

Shares will commence at \$20,000 per member and may be paid in a lump sum or in instalments of \$100 per week over four years. Land purchase price to be in the order of about \$1 million per location. This means a total of \$5 million for development. Each shareholder/member will have one voting right.

We envisage that within five to ten years, there will be around 600 members living, working in and moving between say, twenty cooperatively owned and operated resort-style communities in all parts of Australia, with an investment in excess of \$120 million and an estimated annual income of over \$20 million.

The business name, 'Sustainable Lifestyles Australia', has been registered and the prospectus and project proposal are in the process of writing. It is too early to register the actual cooperative as such, but much relevant information has been gathered to form basic guidelines. The first probable locations are northern NSW, Sunshine Coast and Gold Coast Hinterland. However, the exact locations and time frame are yet to be decided.

Should you be interested to comment on or be involved in establishing this project, please contact me.

**John Calvin Waters,**  
Project Coordinator,  
32 Warrungen Way, ASHMORE 4214.  
Ph: 07-5597-0704.

Dear GR friends,

I have a request I am hoping some of you may be able to help us with. Sometime in the next three to five years (depending on renovations) my husband, myself, and our four beautiful children are planning to leave our suburban oasis and move to a small property. We would prefer upwards of 10 acres, preferably near some natural bush and water, river etc, within two to three hours of the **NEWCASTLE AREA**. We like the area around Taree, Port Macquarie, Wauchope and especially Kendal, but will consider all other areas. Water is essential, however, electricity or dwelling are not. The condition of any dwellings is not important. The most important thing is that the land and surrounding areas must be pesticide free. We hope to have approximately \$50 - 60 thousand, so if you think your area would suit us, please write detailing weather, schools, groups etc, as well as part-time work opportunities.

Also, if anyone has a copy of *The Early Years*, *Living Better for Less* or *Making Unemployment Work* they would like to sell, please write. I would also like a Fowlers Vacola Preserving Unit if anyone would like to part with theirs.

Our other interests are organic gardening, looking after children and animals and self-sufficiency if anyone would like to write. In anticipation of your replies, thank you.

**Julie, Mark, Karleigh, Dylan, Melissa & Riley Johnson,**  
6 Wallsend St, STANFORD MERTHYR 2327.

Dear Grass Roots,

According to Sally Oram's letter in the Oct/Nov issue of GR, someone in Feedback had trouble when **PICKLING GARLIC**. If this person can contact me I can send a trouble-free recipe where garlic will not turn green or blue.



Another idea for Roberino's collection of **BEER BOTTLE TOPS** is to nail four tops with serrated side up to a block of wood about the size of a large soap bar and use it as a scaler for freshly caught fish.

**Victor Magedera,**  
72 North Western Ave, WATFORD,  
HERTS, ENGLAND WD25 0AE.



Dear Megg,

As a long-time subscriber, firstly, thank you for the enjoyment GR gives and my apologies for not writing more often. The spirit is willing but the body weak! In issue 147 on p10 'Peppermint & Malaria' - am concerned about how this will affect the frog population. On p40 Colin Law kindly advises sugar beet seeds are available from New Gippsland Seeds. These seeds are also available from: Green Patch (nonhybrid) Organic Seeds, Taree, NSW; and Phoenix Seeds, Snug, Tas. On p45 Joan O'Brien mentions banana passionfruit seeds being available from Phoenix Seeds. These seeds are also available from New Gippsland Seeds of Silvan, Victoria. On p46 from Doug Spence - re exercise to improve vision. There was a book published years ago by a lady who wore bottle-bottom glasses and by exercise claimed she no longer needed glasses!! Sorry, but I haven't a copy, nor do I remember the author. On p48 from Cathy and Daryl re gardening among gum trees. Perhaps follow the council's approach and cover the ground with black plastic, then make a bed with soil or mulch and work from there.

Like everyone, I'm sure each item in GR interests, as do all the letters to Feedback. Many times the query comes 'what if' or 'why not'? Let me throw a number of queries: Mistletoe has become a nuisance here and obviously is a detriment to trees. I try to remove when able, but often cannot reach the intrusion - an article could help. With all weeds, gardeners continually grouse, but can comments be given to list weed values/uses? As costs of solar panels appear quite high for the average GR, could further articles be given on solar power generation and/or hot water generation? On p39, Joë T - fascinated re rare fruits - could we have a follow-up please? On the same page Tom Hodges queries extracting oil from lavender. A year or so ago an advert in GR for a distillation unit was seen. Maybe his needs would be covered by enquiry to that company. Alternatively, could the local Agricultural Dept help? Have been given all the parts for a two-hole Aga stove with hot water jacket. Trouble is, it's like a Meccano set. Where can I obtain an assembly plan?

Could I suggest that with all the Feedback letters and queries, as these are of interest so many, answers would be welcome in GR. Most of this letter will not be suitable for publishing and that won't worry me. The older I get the more subjects I seem to be interested in and the more queries life seems to pose. Please note minor change to my address. The home is now over 50 years old, yet there are occasions my posties mark mail 'address unknown', or manage to deliver elsewhere!! Had better close as I don't want to waste too much more of your time. My very best wishes to you all.

**Roy Banks,**  
'Anston House',  
97A Tongarra Rd, ALBION PARK 2527.

*Well, we did publish it all Roy, and hope you receive many answers to all your queries. If we printed all answers to all queries in Feedback, it would take up the whole magazine!*



# FEEDBACK LINK-UP FEEDBACK

## Heydiddlydoodally All!

The response to my letter in GR147 was mindblowing, thank you ever so much for your generosity – you all made my day. I am still searching, however, for somewhere to be free! I have a few questions for you all. Firstly, does anyone have a recipe for making **BEETROOT SUGAR**? I misplaced mine and the Internet hasn't helped me find it. Also, has anyone kept **NATIVE BEES**? What are the pros and cons? I can't find anyone who stocks **FLAX SEED TO GROW**. Will it adapt to an area of only 30 – 40 inches of rain per year? In response to Tom Hodges in GR147: For CFS, try amaranth grain/leaves and millet on a regular basis. Also, I find staying away from citrus fruits helps a little. To Ruth Robertson, you have a wonderful way with words. Lastly, I'd love to hear from anyone in the Tabulum area/Bonalbo as I am interested in moving to this area. Cheers to you all.

We are getting some rain, so I'm a happy chappy. I'm up in Townsville visiting my grandparents and it's been that dry and brown we sat out on the porch with a hot cuppa and watched the rain fall. Anyone who lives **WITHOUT ELECTRICITY**, can you possibly write to me, or better still, maybe write an article on that subject? Include things like pasteurising milk by the sun or on a fire, pressing cheeses without a pressure gauge. Basically, I would like info on self-sufficiency alternatives with no special tools, just simple ingenuity.

I am also looking for a penpal around my age (23). My interests are self-sufficiency, crocheting, pottery. I love to read about lost civilisations and the remaining tribes. I am somewhat of an activist for Greenpeace and enjoy helping wherever I can. I have also had an Internet club for self-sufficiency and organics for many years which, unfortunately, was lost. I am about to start it up again, so if you are interested in dropping in and posting a message and making friends online, email me: clytemnestraj@yahoo.com.

I have lots of wine recipes to share and lots of time to write to people. I had better sign off now, with the hope that all this war and pain will end on our unique and fragile planet.

**Ishtar Johnston,**

**8 Gumnut St, TAIGUM, BRISBANE 4018.**

**Ph: 07-3865-5405.**

**Email: clytemnestraj@yahoo.com**

## Dear GR and Readers,

I am a new reader of your magazine and can only imagine all of the wonderful issues I've missed! A few months ago I discovered that my body is very intolerant to soya, dairy and wheat. The soya was a big surprise, as, being vegetarian, I ate quite a lot! I am wondering if anyone has any **RECIPES** without these foods – there don't seem to be many around – and also free of meat, fish, eggs and sugar if possible. I'm trying to eat as many raw veges, fruit and juices as I can to **BUILD UP MY IMMUNE SYSTEM**. Sometimes it seems impossible, so any ideas would be lovely.

On a different note, my parents are looking at buying two acres in Toodyay and I'm trying to convince them to build an environmentally friendly, comfy, individual, strawbale house. Mum loves the idea, Dad's not too sure! Ideally it would have three or four bedrooms, loft, composting toilet . . . etc. So any information (positive please for Dad's sake), tips, hints, costs, suppliers, materials, books to read, ease of construction, your experiences (anything!!) would be fantastic and much appreciated. We don't need another 4 x 2 brick and tile just plunked on the land! Can't wait for your next issue – I'm a reader for life.

**Kylie,**

**20 Alexandra St, ROCKINGHAM 6168.**

*Thank you for your enthusiasm Kylie, and welcome to GR. If you look in the Grassifieds, there are often ads for courses in strawbale building – the people/groups teaching the courses can answer all your queries. Good luck. Please keep us posted on progress. We'd love an article, if your parents do build from strawbale.*

## Dear Editor,

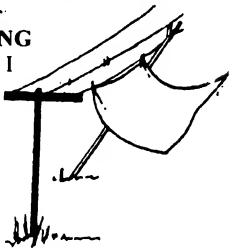
After reading GR147 on the article '**BUILDING WITH TERMITE CLAY**', by Anthony Duncan of Canungra, Qld, I would like to inform you that someone has been building a house from these termite hills for the past six years. This house is a credit to the owner/builders who live next door. The house is mostly built out of second-hand materials, which have travelled from as far as Melbourne. This property is in the small isolated outback town of Tennant Creek in the Northern Territory. I think a story on this amazing home and owners would be something that GR readers would totally enjoy. I was fortunately able to view this home myself as my partner and I are touring Australia. My partner's brother, who has lived in the area for 30 years, is a good friend of the owners.

**Rodney Donoghue,**

**311 Toolborough Rd, YANDINA CREEK 4561.**

## Dear GRs,

For Joanne, GR147. The method of **CLEANING NAPPIES** in my young days was as follows: I always placed a square of gauze on the area straight onto the bottom. It was easy to dispose of solid waste, then nappies were soaked, rinsed out next morning and placed in an old kerosene bucket with grated Velvet or Sunlight soap and thoroughly boiled. I did this everyday and the hot suds were then used to wash all other soiled articles. I only had a wood stove, no washing machine, no electricity, and a very limited water supply. The soaps I've mentioned are still available. I still use Velvet for washing smalls. Also, all nappies and gauze were real cotton. If you do decide to boil, make sure they are cotton goods or you could have a disaster.



**Mary Mathews,  
JARRAHDALE.**

## Dear Megg & Mary,

Just a note, to travel along with my annual sub to GR. I'm thinking that recent and ongoing world events really put a spotlight on our magazine and its importance in the scheme of things. Modern civilisation is far too fragile a thing for any hard-won survival skills to be allowed to be forgotten, it seems to me.

Looking through my Oct/Nov issue again, No 147, I'm reminded of a book I read some twenty years ago, on the **HEALING VIRTUES OF PAWPAW** fruit. (It was called papaya in the book, written by an American woman, and I regret that if I wrote down the title and author, I've mislaid the reference.) But, the essential message I do remember, and it is this:

The flesh of a ripe pawpaw is a powerful ointment, clearing up dirty and infected wounds and sores and ulcers of any kind. The idea is to bathe the infected area in salt water, then to cover with a dressing made by spreading with a freshly mashed slice of pawpaw. Change the dressing two or three times a day, allowing the soiled dressing to soak off easily in salt water. Don't pull it off, let the change of dressing be pain and tension free for the one concerned, soak and ease off gently. Spread a fresh layer of pawpaw on gauze or ironed linen or cotton, and cover again. Bandage on or hold in place with a length of pantyhose if on a limb. Continue treating for a couple of days after the wound has healed. And, of course, taking pawpaw and other tropical fruits as food and/or drink, boosts the ability to fight infections and develops a stronger immune system.

**Jane Smith,  
KILSYTH 3137.**

The efficacy and/or safety of advice on these pages cannot be guaranteed. Readers are urged to take all common-sense precautions before undertaking any procedures that could possibly cause a safety risk to themselves or others. When in doubt, consult an expert. ♣

# FEEDBACK LINK-UP FEEDBACK

## Dear GR People,

We have been buying GR mag for some years and have thoroughly enjoyed its content and information. I have five acres at Seaforth just north of Mackay where I grow tropical fruit, have a small vegie garden and chooks for home use. What I would like is for people with a similar outlook on life and enjoying the outdoor living to write and maybe we could meet and **SWAP IDEAS**. Looking forward to making new friends in the **MACKAY AREA**.

**Alf McClurg,**

**Lot 5, Cape Hillsborough Rd, SEAFORTH 4741.**

**Ph: 07-4959-0752.**

## Dear GRs,

A small group of people spent three months or more on the road raising much needed funds from donations as well as making sales in the form of cookbooks, sets of pens, Christmas cards. The money was raised from Canberra through to Cairns down to Townsville, across to Mt Isa, Alice Springs. The public were very generous and very considerate when giving a much needed cold drink in between houses. Got to Adelaide on the 28th August. The walking kept us very fit and developed a greater understanding of one another's good and bad points on the road together. It meant a lot to us all to hear remarks such as 'keep up the good work', or 'you're doing a good job for a well worthwhile cause'. It makes us appreciate the good health some of us are lucky to have.

**Carol Magnus,**

**65 Boundary St, WEST END 4000.**

## Dear GR Readers,

This is the first time I have ever written a letter to GR. I have been reading your magazine and thoroughly enjoying it for about three years, it is a wonderful read and I am always learning something. I have been given use of a small amount of land. I have a few bee hives. The land has running water but has no power. For some time now I have been wanting information on how to **BUILD A PORTABLE WELDER** using an alternator, also how to wire up a power board to run light and power tools. I am hoping your magazine or one of your readers has the knowledge of the best possible way to achieve this. Any letters would be greatly appreciated.

**Les Graham,**

**14 Swanley St, MARANGAROO 6064.**

## Dear Readers,

Does anyone have or know where there is a copy of **'THE LITTLE PUFFIN BOOK OF NURSERY RHYMES'** for sale?

**Deb Palmer,**

**23a Angus St, PORT LINCOLN 5606.**

## Dear Grass Roots,

We are holding a **GARDEN AND LEISURE EXPO** in March 2002, with the proceeds going to charity(s). What we would like to know is, if out there among GR's many readers there are people who would be prepared to give a speech or a demo on such things as alternative living, organic gardening, in fact anything to do with gardening. Maybe there is even someone who is into herbal medicine, meditation, yoga. If they would be prepared to help out could they please contact me?

**Kath Hayward,**

**Garden and Leisure Expo,**

**PO Box 8422, ALLENSTOWN 4700.**

**Ph: 07-4934-6114.**



Health tips are printed for readers' information and interest. *Grass Roots* staff, and most Feedback writers, are not qualified to offer specific advice for the treatment of serious medical conditions. Readers are urged to always consult a qualified practitioner of the desired modality. ☸

## Dear GR,

I am a long-term reader of GR mag and look forward to every issue. I need some advice on growing watercress. How old do geese have to be before they can breed? Recipes on cooking wild duck and rabbit. I read somewhere about growing mushrooms and starting the spore off. Please can someone help?

**Maureen Schmidt,**

**PO Box 50, YARWUN 4694.**

## Dear Editor,

For years I have been disheartened, amazed and disgusted by the number and volume of still **USABLE ITEMS THROWN OUT** in the annual council cleanup. I have picked up many items and passed on much to charity. Often good things are tossed amongst the dirty, or in bags or boxes which at first glance appear to contain only rubbish or garden waste. Close inspection, however, quite often reveals these bags to contain such items as good blankets, rugs, bed linen, curtains, soft toys, clothes (some even new with labels) crockery, ornaments, cushions, quilts, books, unbroken light fittings and lots more. All that is needed for many items, perhaps a little dirty or stained, is a little bleach and a good wash and they come up like new. So what if the curtains are sometimes a bit faded, or something needs a stitch in mending? Pass them on to a charity, don't throw them away! So, you have too much crockery, or don't like the ornaments or old books! Pass them on to charity, don't throw them away thoughtlessly! So, the children have outgrown their clothes and grown tired of their toys! Don't throw them out, teach your children to think of others and be less wasteful. Pass them on. Someone will be grateful. Perhaps some items are broken or a bit ragged. Remember, broken can be fixed and worn can be mended.

We say we want a tidy neighbourhood and a clean world, and we support Cleanup Australia Day, worry about waste disposal sites filling up and do our bit of recycling. But it appears our good intentions are forgotten when it comes to annual cleanup time. If it wasn't for the many people who go around collecting, there would be even more rubbish going into our landfill. How many homeless people would be grateful for an old, worn blanket?

If you must put out good items or are not sure if something would be useful, at least put them out clearly visible and not thrown in with rubbish or concealed in bags or boxes, so others, collecting for themselves or for charities can access them easily and safely.

Cleanup Australia Day is every day. The state of our environment depends on all of us pulling our weight every day of the year.

**Margaret Mary Bennett,**

**The Living Brain Healing Sanctuary,  
9 Winifred Ave, CARINGBAH 2229.**

## Dear Grass Roots,

Build up your family's immune system. If anyone would like a few **ROBERTUM SEEDS** with information, send a stamped addressed envelope. This herb has cured cancer and even some vets use it. It's like parsley. Just chop it up and sprinkle or pick leaves and chew. It also self-seeds.

**Lilian,**

**RAND PO 2642.**

*Lilian, we have been unable to find a plant called robertum. Are you referring to 'Geranium robertianum'? Do other readers have any information about this?*

## Dear Megg & GR,

I have been given a subscription to GR as a gift, and it's fantastic. Thank you to Don GR146, and thank you to Robert GR146 as well. Mum says thanks too. I am moving away from the humdrum and I am trying to find out about aerobic **COMPOSTING TOILET SYSTEMS**/water recycling systems with a slab floor. If anyone can help out I would be very grateful.

**Julia,**

**6 Pella Crt, COOLAROO 3048.**

# FEEDBACK LINK-UP FEEDBACK

## Dear Editors & Readers,

I have been a reader of *Grass Roots* for many years and always look forward to the publication of the next edition. I live in suburbia and there is no incompatibility with 'green' attitudes (whatever they really are). I can compost, double-glaze, and adopt passive solar designs along with the best of them. I have also worked in a number of organisations with a 'green' ethic (whatever that really is), despite my suburban roots. Against that background, I was interested in several matters that appeared in the last edition.

From a reference to architects I got the impression that the writer may not have appreciated that **ARCHITECTS** really have a strong green ethic that is part of their *raison d'être*. I was also concerned that the huge community investment that has been made in establishing central resources is not appreciated or understood, or maybe has not been well publicised. For example, the Centre for Design at RMIT in Melbourne has a website that lists ecologically sound materials and their suppliers. Readers might have a look at: <http://ecospecifier.rmit.edu.au> The Royal Australian Institute of Architects publishes a guide on behalf of the Australian Council of Building Design Professionals called the Environment Design Guide. The woman who manages this project for the RAIA is also an architect.

There are excellent **RESOURCE BOOKSHOPS** too that are well worth exploring but are not well publicised. An example is the bookshop in the foyer of the Department of Natural Resources in Melbourne (8 Nicholson Street, East Melbourne 3002, phone 03-9637-8000) that has many publications of interest to smallholders, including detailed publications on sustainable agriculture, permaculture, poultry, cattle, goats etc.

The matter of trade between Australia and New Zealand and the importation of New Zealand building timber had a brief mention. Australia and New Zealand have a Closer Economic Relations Trade Agreement (CERTA) through which each country has opened its markets freely to the other. Each has done well as a result. The North Atlantic Free Trade Agreement (NAFTA) between Canada, the USA and Mexico has a similar objective.

Regarding growing **COCONUTS AND NUTMEG**, the first port of call might be the local Department of Agriculture, especially if it has a Division of Tropical Agriculture. (If not, the Gatton campus in Queensland would be a useful starting point.)

In relation to the home attack by **TERMITES**, the Schools of Entomology at the various universities may be able to help (their organisational locations vary from university to university). The Division of Building Science at CSIRO has also researched termite control and may be able to assist. The Environmental Futures Group, which was an initiative of the Keating government, took a particular interest in environmental issues relative to government buildings, including the use of nonchemical termite barriers. So far as I recall, their research on termite barriers (eg crushed granite barriers) was eventually handed over to CSIRO.

Another resource organisation in Victoria is Ecorecycle Victoria (Level, 2, 478 Albert Street, East Melbourne 3002, phone 03-9639-3077). Although their target market appears to be government, private enquirers seem to be just as welcome.

And finally, in relation to the use of **SHREDDED PAPER**, please don't believe all the urban myths (you know, 'it is a well-known fact that...') regarding government departments not giving you scrap paper. The paper in question may be high-quality long-fibre white bond (with some recycled content) that can be converted to new product and is simply too valuable for the garden at this stage of its life. However, government organisations (and I have worked in many) in my experience have no reluctance to give scrap away, unless they are selling it and have a contractual obligation to meet. There can be good money in scrap; Dick Pratt's Visyboard is an example. Good quality office scrap paper can go through two or more cycles before being consigned to the garden. Office paper can

be recycled as a lower quality paper, then fibreboard, and maybe then into fibreboard again, and then possibly into egg cartons etc before the fibres are so short and powdery that they have no further use in that particular value chain. Keep in mind too that if you are using paper in the garden the carbon fraction in the resulting compost is going to be high, and it may be necessary to increase the nitrogen fraction to keep the compost in balance.

Another excellent government-sponsored **WEBSITE** is worth checking out. The central theme is that **ENVIRONMENTALLY SUSTAINABLE HOUSING** is about appealing innovative design. The 'Your Home' package includes a guide for consumers and a 300-page technical manual that shows how environmental solutions can be applied to conventional housing. The address is [www.yourhome.gov.au](http://www.yourhome.gov.au) It is available by phoning 1300-130-606 if you aren't web-enabled.



Laurie Le Fevre,  
16 Highland Ave, CROYDON 3136.

Dear Ms Miller,

*paper for mulching*

I am writing to enquire about an advertisement in GR147. The ad is for **GOLDENBIO DIESEL** and I wonder if you may have had or heard of anyone with experience in the making and using of this alternative fuel. I have written to Goldenbio and been sent a reply on how to order the literature for a fee of \$85. While this may be a small price to pay considering the claimed savings and benefits of this type of fuel, I am somewhat skeptical and at this stage a little reluctant to buy the book without first knowing if this product does actually work. I would very much appreciate any further information you or any readers could supply, and whether anyone associated with your magazine has performed any successful tests of the procedure.

Eddie Hamilton,  
Private Bag 4, BEAUFORT 3373.

Dear Megg & Team,

'**FIRST AID KITS FOR CLOTHES**', by Nevin Sweeney, is a wonderful article, but as a dressmaker I would draw the line at a glue stick. A lot of fabric will be ruined by the chemicals in glue. You might need to hunt around for a product called **MAGIC TAPE** by Scotts. It's hard to find, but it's invaluable. Can be used for anything and the old type was reusable. Not sure about the new stuff. Fibreglass tape measures do stretch after time. I replace mine each year. That way you are sure of your measurements, or check against a metal yardstick. Also, it's important to have two pairs of scissors. One for paper only and one for fabric. Paper will blunten fabric scissors. My big scissors carry a warning that no one is allowed to touch but me, that way they will last a lifetime.



Robyne,  
C/- PO Box 117, SEYMOUR 3661.

Dear GR,

Thanks GR for a good mag. I'm interested in someone who has the know-how to **CUT GRANITE**, blue/pink in colour, a metre under the topsoil. The idea is to build in-ground water tanks as our block slopes four ways in a 10-metre distance, dropping one metre to catch the runoff in the rainy times. Prefer someone with tools and an outlet for 85 percent of the granite as we need a bench-type size block or two and some for retaining walls. Can assist in some ways.

P Charles,  
166 Adies Rd, CHILDERS 4660.

Contributors and correspondents who want letters or articles returned are requested to include correct postage. ✉

# FEEDBACK LINK-UP FEEDBACK

## Dear Readers,

Having been a regular reader of GR for many years, I feel that Feedback is a good place to start. I am seeking expressions of interest from people interested in becoming members in a rural **LAND SHARING, CO-OP, CHRISTIAN COMMUNITY**. The property is 300 acres freehold land, one hour west of Port Macquarie, NSW. Situated in a beautiful rural valley, it has creek and river frontage, pasture, open forest and rainforest. Part of the property is under a conservation agreement, with rare and endangered birds. All of the property is a wildlife refuge, so no dogs or cats will be allowed. Still in the planning stages, it meets SEP 15 guidelines and will hopefully be approved by time of publication.

The houses will need to be of natural materials, eg mudbrick, and have a low environmental impact. The idea is to have between six and eight houses in a cluster, as this has less environmental impact. Phone and electricity are available. Local school bus goes past daily. The main, three-bedroom farmhouse will eventually be used for respite accommodation for needy families. I am seeking practical people with a heart, to nurture foster children and the underprivileged. Stage Two will be dormitory accommodation for homeless and needy people. As the rest of the property will be shared, there are lots of possibilities for growing fruit and vegies, and farm animals.

When the planning is approved I will be advertising in the Grassifieds and looking to sell shares for \$30,000. The Co-operative will be registered with the Department of Fair Trading as a nontrading organisation. I am a single, 50-year old woman with a dream to share this beautiful lifestyle. Please direct any letters or enquiries to: PO Box 528, WAUCHOPE, NSW 2446. As I don't want to use my name at this early stage, please address them to 'Beth-Rapha', which will be the name of the community. It means house of healing. I will reply to all genuine enquiries.

**Beth-Rapha,**  
**PO Box 528, WAUCHOPE 2446.**

## G'day Grass Roots,

Are there any lovely GR people (of any age) who would be interested in some help in the garden, or company with their cuppa, from a new Mildura resident? I am a 20-year-old female student who would love some contacts in the area (anywhere if you'd care to send me a letter). Also, is anyone in the area after a border or aware of a room I can rent for approximately 12 months? As close to town as possible as I don't have a car. Lastly, does anyone know how to **FIX NATURAL DYES**, such as that from mulberries to fabrics? Is it possible using something natural?

**Erin Gibson,**  
**PO Box 402, METUNG 3904.**  
**Email: nebel@wildmail.com**

## Dear Sir or Madam,

I would appreciate anyone who has become completely self-sufficient to let me know, how to make **YOGHURT, ICE CREAM, CHEESE FROM GOATS' MILK**. I have a couple of children who are lactose intolerant. Since moving to the farm I have given them goats' milk instead of soya. But I am still buying them the soya yoghurt and goat cheese. I can remember when I was little my dad made homemade ice cream for me, but he took the recipe to the grave. I would love to have a go at making it for my kids (they can also help). The other thing is, what equipment is necessary and how expensive is it? Or can it also be homemade at little expense?

**Donnetta Nowlan,**  
**PO Box 213, TARA 4421.**

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published. ♡

## Dear GR,

I love **SOYA YOGHURT**, but can't come at the price of the commercial stuff – \$2 for 200 millilitres. So I tried making it in the same way I make dairy yoghurt. And it works. This may help Emma Timoshenko in her search for nondairy recipes for baby Samuel. Heat one litre of soya milk (commercial or make your own) to boiling point. Take off the heat and cool to blood temperature (35° – 42° C). Now heat a wide-mouthed thermos with boiling water. Tip out the water and add one tablespoon of natural soya yoghurt. Add the warm soya milk and mix thoroughly. Seal the thermos. After eight hours, or overnight, your yoghurt is ready. Pour into a jar and store in the fridge. Add honey or fruit if you like. Or do what I do – pour it over porridge, poached pears or chocolate cake.

**Ian Lett,**  
**PO Box 142, LEURA 2780.**

## Dear GR Readers,

I am hoping some lovely reader will be able to help me. I am after recipes for **GRAMMA AND BUGLE PUMPKINS** – pie recipes – the one grandmas used to make. Our grandmothers used to have some, but over the year they have disappeared. Thank you.



**Jane Lawrence,**  
**Logie Rd, BEERBURRUM 4517.**  
**Ph: 07-5496-0101.**

## Hello everyone,

Since moving to our property two years ago we have only had **HALF OUR AVERAGE ANNUAL RAINFALL** each year. We have been drought declared for nearly six months as well. We had our first decent fall of rain – 44½ mm – last week. Our house dam had been dry for two weeks so the rain came just in time. Because we were just starting up two years ago, the drought has been a great setback. Stock numbers could not be increased and money that should have gone towards a tractor went to hay instead. We are hoping for a wet summer in 2001/2002 to lift spirits as the whole district is in a slump at present.

My article in GR142 about a family Christmas brought some interesting responses. For Christmas 2000 everyone came to our place in Miles. It's a 4½-hour drive from Brisbane so this meant breaking the journey in Toowoomba for an overnight stay for my 89-year-old grandmother. Other family members stayed for a few days. We had 11 people staying here at one stage – all the kids slept in tents. Christmas Day was 39° C, so we had lunch in the pergola with the air coolers blowing on us. After a property tour a few relatives left and the rest retired to the dam to cool off – including all the dogs! It was the first time we had lived close enough to our relatives to be able to host Christmas. I'm not sure what's happening for Christmas 2001 – a flood would be a nice present though! Best wishes to all for 2002.

**Karen Long,**  
**The Big House, PO Box 46, MILES 4415.**

## Dear GR Readers,

My wife and I live in a northern suburb of Brisbane, Queensland, and are thinking very seriously of moving to the **EAST COAST OF TASMANIA** upon our retirement, which is very soon. We would appreciate as much information as we can get regarding such things as climate in different areas of the east coast. We anticipate living near the beach, so information regarding the coast would be gratefully accepted. My wife loves her garden and gardening, and would love information on soil types and what types of plants grow well. We both love to go for a daily walk, especially along the beach. We would like to thank the readers of GR in advance for all the information I am sure we will receive.

**Lionel C Nugent,**  
**Email: lionelnu@st.net.au**



# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers,

I have been an avid reader of GR on and off for ten years or so. Recently I relocated to Torquay, very cold in winter. I froze after sunny NSW. I was in the local library and saw some old copies of GR. I decided to get one to take home and read. It was the best thing that I could have done. It was like welcoming a very dear old friend back into my life. So thanks all you readers for your wonderful letters and insights. If any of you would like to make contact, I would sincerely love to hear from you and will reply to all letters. It has been a bit lonely since I arrived here and am just starting to make a few friends now.

It is with interest that I read all your letters on **COMPOST GARDENS**. This is what I do and it is so simple. First I lay newspaper, cardboard, or anything really, then leaves, grass clippings, layer by layer, any food scraps as they came from the kitchen. I do not dig them in, just throw them on the top, then the next lot of grass clippings covers them. They do decompose very quickly and I then plant my seedlings in the compost. They grow beautifully, especially the green vegetables. Carrots and potatoes etc need a lot more dirt. Surround your garden with whatever you can find. I am sure the success of this simple garden is because it is built up and continues to expand. The only thing you should ensure is to keep building it with your clippings etc. This is simple, cost-effective, and really works, takes about three months to become really good. Also, I am wondering does anyone have a property that they want caretaken or looked after long term? Will maintain and look after the property well. Would be happy to pay small rent and surely be very interested to talk to you. Well, thanks again for your wonderful letters. I look forward to the next issue and the contact of any of you who would like to get in touch.

Kara,

51a Beach Rd, TORQUAY 3228.

## Dear GR and Readers,

Thanks for a great magazine and information from all the readers. Hoping I can get some help and info on **RAISING RABBITS FOR MEAT**. I have seen some letters in GR where people are doing this for their own consumption and would like to hear their ideas, thoughts, help, anything about it. I know we can get a lot from the Internet, but I want to hear about true grassroots people's ideas: housing, breeds to use, what to do with the pelts, feeding etc. Can they be housed in an aviary-like situation so they can run and dig and eat grasses that have been planted previously? Maybe an article in this magazine?

Some helpful ideas now from me to you. **MAKE SOAP LAST LONGER** by sewing up a folded flannel washer. Sew along bottom and side to form a bag. Material gets soapy and lathers well. Soap does not get lost in the bath.

Use abandoned **HILLS HOIST ROTARY** clotheslines as a shadehouse. Cover top and sides with shadecloth and/or hothouse plastic, attach a heavy chain to each end of cross poles, long enough to reach the ground when hoist is at its highest. Drive heavy tent pegs into the ground, fixing the chain in place, star pickets can also be used instead for more stability, and attach the chain to the top of the picket. Now you can hang pot plants from the lines and poles. Just wind down the hoist to an easy-reach level. Makes weeding, watering and maintenance easy. You can fix irrigation hose along the cross pipes with wire to have permanent watering. Great for short people or the elderly, or if you just want it plain easy – old metal styles are the only ones to use. They usually get thrown out as some people prefer the 'pretty' green and yellow ones in suburbia today. So you have an almost free, very large shadehouse or hothouse.

Jodie,

215 Gan Gan Rd, BOATHARBOUR 2316.

Email: sirrodney@bigpond.com.au

## Hi All!

Once more, I am in need of advice, and where better to turn? At 60+ I find myself living alone and loving it, however, a change of venue is calling and by the end of next year (or sooner, should the opportunity appear) I plan to move to the **NAMBOUR/MELANY AREA**. Can anyone in that area supply me with information regarding rental of houses? I am looking towards a three-bedroom place so as to begin a home-based income-earning venture and can afford around \$125 weekly. Would this be sufficient for a foot in the door?

I have many under-utilised talents and am currently an enthusiastic LETS member here in Bundy, and of course I'm looking forward to joining in my new area. I realise that information may be a little premature and that prices, and plans, fluctuate, however, I would love to hear from anyone in the area living a GR – or other – lifestyle. Thanking you in advance.

Now, in answer to some feedback, GR147, Joanne Dobson. The best way to **STERILISE NAPPIES**, of course, is to boil them, though I'm told hanging them in the sun all day, or as long as practicable, will do this while also absorbing vitamin D, which I believe is then absorbed by baby (any feedback on that one?). Soaking overnight with a cup and a half of vinegar added to the bucket should take care of most stains – didn't work on my kids Ribena though, so I changed their vitamin C supplement.

For Paul and Karen: At one stage we had a **SEPTIC TANK** and, of course, we pumped it fairly regularly. I always used my own recipe for washing clothes then and will send you the recipe if you'd like – SAE please. Since then I have bought soap powders, shampoos, detergents etc from 'The Soap Box' in my area, but I suspect supermarkets will have biodegradable varieties now.

To those suffering various **ENVIRONMENTAL ILLNESSES, ADHD, ADD** etc: Please find, beg, borrow or buy, a copy of (Australian) Eve Hillary's *Children of a Toxic Harvest*. Wow!

Joan McCall of Moss Vale: Please send SAE and I will send copies of my favourite recipes for sauces, chutneys, relishes.

Kay Edwards,

65 Beatrice St, BUNDABERG 4670.



## Dear GR Readers,

I am after information on the best way to **DRY AND STORE TOMATO SEEDS** over the winter months. Also, there was a piece on Landline (I think Landline) on putting **COW MANURE IN COW HORNS** and burying it over the winter months to make fertiliser. If anyone saw that program or knows how it's done I would love to hear from you, as it seems to be a very productive way to make fertiliser. I am also looking for a **WATER DISTILLER** for the kitchen. I saw one advertised on TV awhile ago and rang up about it, but they wanted about \$800 for it. Yes, a huge sum, just for boiling water and collecting steam. Surely someone makes them cheaper in this country, or does anyone have the plans to make one? Also, there have been people writing in about **CHRONIC FATIGUE SYNDROME**. I would suggest getting a live blood test done to look closely at your blood. Clean the blood and the body may come back on line. Sustainable Agriculture and Food Enterprises – SAFE – will be able to let you know where the blood test is done in your area. Contact SAFE on 07-5593-4566.

Greg Nicolls,

10 Bellwood Drv, Nambucca Heads 2448.

*The manufacture of fertiliser in cow horns is a practice of biodynamics. For more details on this gardening/farming philosophy contact the Biodynamic Agriculture Association, PO Powelltown 3797; ph: 03-5966-7333. Or: Biological Farmers of Australia Co-operative Ltd, PO Box 3404, Toowoomba Village Fair 4350; ph: 07-4639-3299.*

# FEEDBACK LINK-UP FEEDBACK

**Dear GR,**

To **GARRY ODDEN** who is finishing an around-Australia trip in his Kombi camper. You replied to my Contact ad, GR145. We got disconnected with your move to Adelaide from WA in September. Give me a call any evening after 7pm, 03-5466-7335. Would still like to meet you, or write.

**John Hopkins,  
C/- Post Office, LEXTON 3352.**

**Dear Grass Roots,**

Up to date I have received 121 requests for **TONGUE LETTUCE SEEDS** and I still have plenty left for anyone else who cares to send an SAE. Not one from Tasmania, but one of our neighbours used to have a farm down there and he asked for seeds to send to other farmers that he knew down there. One reader couldn't believe his eyes when he saw my letter in your magazine. He said his mother used to grow it during the war and that he'd been trying to get seeds for years. Another lady said that she was 88 and that all her plants were in boxes raised up off the ground. I told her in my letter that I was in the 80s but a bit younger than her. Another reader said he just had to have some of my seeds and it brought a smile to our faces when we saw his surname as it was Tongue. I have written to Phoenix Seeds, The Diggers Club and New Gippsland Seeds to see if they are interested in what I'm giving away. Do you know of anyone else who might be interested?

Now for all the people with **ARTHRITIS**. Get a screw-top jar and loosely fill it with prunes, nearly up to the top, then fill it up with gin. Put the lid on and leave for two weeks and then have two each morning. This should help you. If it does, could you just drop me a note?

**Robert Winterburn,  
8 Loves Lne, ROSSLEA, TOWNSVILLE 4812.**

**Dear GR friends,**

I am hoping to find out some information concerning **CANDIDA ALBICANS**. I have recently found out that is what I have after two years of persistent symptoms. The candida is located in my stomach and bowel as well as causing thrush. Is there anyone out there who can help me? It would be very much appreciated.

**Sharney Kennewell,  
9 Martini St, EXETER 5019.**

**Dear Grass Roots,**

I have been reading your excellent magazine for many years. I write now to impart some information that may be of some use to home vegetable and flower growers. First, my garden is divided front and back and I grow everything together in a companion situation. In the lower end of the Hunter Valley, spring and summer, the area is plagued by a bug called **WHITE FLY**, a sap-sucking insect which causes large damage to beans, tomatoes and so on. A friend gave me some hollyhock seeds. These were sown among the beans and tomatoes and are now two metres high. The white fly deserted the other plants in the garden and have congregated to the hollyhocks, with no damage to the hollyhocks as yet seen. I would be interested in further feedback on this topic. Does anyone know where to buy **QUASSIA CHIPS**?

**A W Bryson,  
One Links Drv, RAYMOND TERRACE 2324.**

*Some time ago another reader also reported this phenomenon.*

**Dear Grass Roots,**

I have read your magazine for years and thank you all for making it so interesting. I am looking for **LUFFA SEED** and **GOURD SEED**. I am willing to swap some variegated ginger or any tropical seeds if people want me to obtain them up here. I am also looking for pepper tree seeds, the ones that grow around farmhouses. Will definitely answer all letters.

**B McCarthy,  
Post Office, SARINA 4737.**

**Dear GR Readers,**

Here's the way I gently got rid of **SUNSPOTS**. Slice a lump of the good aloe vera gel, place over spot, hold in place with elastoplast or equivalent, ensuring an all-round seal. Leave for 24 hours. Repeat for four or five days. For really bad spots, rest for a week after first treatment then repeat, and keep the sun off them forever after.

I'm an active old duck, a poet, painter and gardener living with two good Kelpie-type dogs in range of the voracious appetite of developers who are salivating over our rural hinterland. I'm selling out and wish to know if anyone has a nice tranquil space, for us to rent, long term, near river or sea, amongst a caring rural community.

**Patricia Amundsen,  
160 Black Pinch Rd, POMONA 4568.**



**Dear Megg,**

I am writing to request a gift subscription for my mum's 60th birthday. I'm sure my mum will really enjoy reading your magazine as she is a compulsive reader and lives many of the lifestyle ideals advocated in your magazine. Mum has always had a 'waste not, want not' approach to life – due mainly to economic constraints, not lifestyle choices. Some of my fondest memories as a girl include the preserve cupboard (pears were the best), home-made lemon cordial, growing black radishes and amaranth, and camping.

As I now find myself in harder times financially, with two small children, the things I learnt from my mum as a girl have become most useful: knitting, mending, sewing, growing, cooking, cardboard toy construction, the list could go on! The most important thing, however, that we have learnt in hard times is the ability to **SEPARATE NEEDS FROM WANTS**. This has freed us and given us the gift to be extremely happy with what we have: each other, our wonderful children, our parents, our health and great lifestyle. Other friends of ours are much better off, but not nearly as happy with life as I feel we are! I know that for this I need to thank my mum, for teaching me the life skills that have made our life so much better and more fulfilling when it could have been so intolerable, thankfully free of the consumer ideals that so many are desperately and blindly drive towards. Thank you and your staff also for all the hard work you put into your wonderful, inspiring, entertaining, practical and informative magazine. I know my mum will love it.

**Julie and Craig,  
C/- PO Box 57, PROSPECT HILL via MEADOWS 5201.**

Contributors and correspondents who want letters or articles returned are requested to include correct postage. ✉

# BIRTHDAY FUN

by Julia LeMonde, Sunshine Plaza, Qld.

I remember travelling to Bali in my teens and watching in disbelief the public behaviour of groups of young tourists from my own country. I wonder if this behaviour had its beginnings at childhood parties? What is it about being out of the confines of establishments such as school and home that seems to unleash some sort of maniacal desire to abandon all the rules about acceptable behaviour and respect for others?

After recently hosting a party for seven boys under seven for our son, the three-hour time frame became a test of endurance and the last few minutes became a serious countdown. At a party each child bounces off the others' energy like electricity, to the point where it can get out of control extremely quickly. Rules about eating, playing and treating each other politely are rapidly ignored or forgotten in favour of what looks like a re-enactment of a scene from Pinnocchio's 'Boystown'. I realise that as we become more experienced at throwing children's parties, a template is emerging – just as our third child starts to express an interest in them. Here are a few tips that have helped us along the way.

## PARTY TIPS

Keep the time frame for young children to three hours or less. Attention spans are not typically long in the party frame of mind and any more excitement can spoil a great day. You don't want the party to be remembered by tears and accidents. One thing we've experienced is that the party child can become a little obnoxious or upset, so a good night's rest before the party day helps. There's nothing worse than the birthday child becoming an emotional wreck as a result of the fuss. Clear guidelines prior to the party can help let them know that although they are the birthday person or 'star' of the day, you are still running the show and making the decisions.

Explain to your child the importance of putting away birthday gifts to



Children and birthdays – outside parties are much safer (supervised, of course).

avoid them all being broken and parts lost before the party has ended. Diversions which allow for this to be done discreetly help here. Perhaps after presents are opened it's time to eat in another room. It's best if you reach this understanding before the guests arrive so that your child knows why the model aeroplane or Lego is best left until later to assemble. (Remember my Bali experience . . . they wouldn't act like this at home!) Put special toys out of sight – really!

We have found it best not to have lots of bowls of lollies as party food. Some children (all of ours) just don't need any more sugar to get them in the mood and it only adds to the workload after the feast. We incorporate some party sweets in the prizes and treasure hunts, which seems enough. We also have certain family rules, such as no fizzy drink, so the birthday child chooses the type of juice. So far no complaints.

We involve our children in the preparations. They ice and decorate their own cake and assist in menu preparation and choice (within our sugar bylaws of course!). They also

like to decorate the living room with streamers and balloons.

Weather permitting, outdoor activities are a great favourite with us, releasing all that energy being the most important reason. I don't know if our children and their friends are particularly active, but I did not see one boy at our recent party not attempt some sort of acrobatic stunt, or rugby-style manoeuvre when walking was all that was required. Popular activities with us so far are treasure hunts with clues; checklists of items to find, with children working in teams around the garden – a blue coloured plant, a brown animal. The most popular of all is an outdoor night game called 'spotlight'. An adult sits up high on a ladder or building and guards nearby treasure on the ground, using only a torch. Children attempt to locate the treasure by crawling, sneaking or running up to it without being spotted by the torchlight. Those caught must return to the starting point and start the sneaking all over again. This game is exciting and fun and more appropriate for the ages no longer afraid of the dark.

We work out a 'plan of action'

before the party. Nothing too strict or structured, but it does help to break the time up into manageable lots just in case things aren't running as smoothly with free play. It also eliminates any jitters from our children about how to entertain large groups of party guests. We have some ideas in reserve if need be. Some party ideas we have had are: Twister; colouring/drawing competitions (very effective and calming prior to going home); watching themselves on video; dancing; talent quests; quiz competitions (categories similar to Trivial Pursuit but incorporating Britney Spears and Harry Potter facts in our case – research was required here!); fancy dress parades with prizes for silliest, best effort etc; charades; and of course pass the parcel, musical cushions, statues, and pin the tail on the donkey (in our case the homemade

llama). Our twelve-year-old and her friends make their own games up these days as well, including dipping their faces in bowls of flour to eat a lolly, and we are happy to simply provide the flour and float around in the background filming. It is getting easier, particularly when they make their own pizzas as well.

So, charge up the video before the big day if you have one, check you have film in the camera to record those wonderful moments and give your family a treasury of childhood memories. We have found photos go a long way towards instilling a lasting memory of all those good times. So good luck and happy partying!

Healthy, but fun, party recipes can be difficult to find. We'd love to hear from readers with any to share. ☛

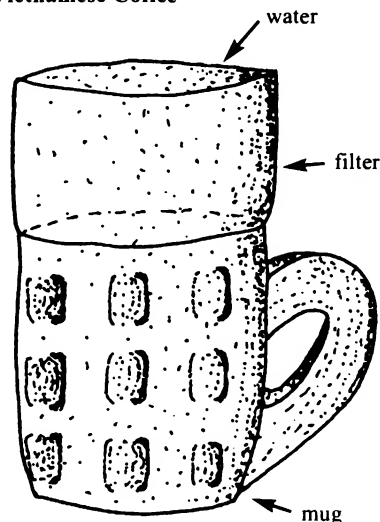
# MONDO COFFEE

by Aarn, Balranald, NSW.

What is the world's best cup of coffee? No doubt it's all in the mind of the partaker, and the taste-bud test is the supreme arbiter. But on a recent trip I was treated to a cup approaching perfection. Some of the many guest-houses in Phnom Penh, Cambodia, are managed by Vietnamese people. They have brought their coffee-making technology too. A small metal filter is placed over the cup (see diagram). Into the filter is placed a generous serve of finely ground Vietnamese coffee, then enough boiling water is poured over the grounds to almost fill the cup (after all the water has passed through the filter). To the resultant steaming black cupful is added – nothing if you like it straight black, but if you like a sweet white coffee, then add a few spoons of imported condensed milk. This may sound heretical to the purist, but to my mind there is nothing like a tasty shot of caffeine and sugar first thing in the morning.

Incidentally, on the same trip I went to France and was very disappointed to see my friends drinking a

Vietnamese Coffee



very weak brew, without croissants, for breakfast. I may have also discovered the world's most expensive cup of coffee. In the 'golden triangle' (most expensive district) in Paris, a tiny (20 ml) cup of espresso cost 20 French francs and it wasn't half as delicious as the cup in Cambodia. ☛

## The Permaculture Research Institute

[www.permaculture.org.au](http://www.permaculture.org.au)

PRI is a nonprofit corporation involved in global networking that offers solutions to local and global ecological problems and an exciting farm design in process. Permaculture design planning and implementation on 66 acres of partially cleared ex-grazing country with interesting diverse ridges and valleys leading down to 800-metre frontage of the culturally famous Terania Creek. The property adjoins The Channon village, gateway to the Nightcap National Park and well-known Channon country markets. Subtropical location in northern NSW, 20 minutes drive to Lismore, 45 minutes drive to Byron Bay, Australia's most easterly point.

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Geoff and Sindhu Lawton teach the PDC course. They offer a very dynamic and inspiring 72-hour two-week course in sustainable living systems design for all climates and landscapes. This course is renowned for its international students and for producing global activists with design skills. Learn how to integrate organic food production into the broader context of sustainable human settlements. Attaining a PDC is a prerequisite to obtaining a diploma in Permaculture Design, which requires two years practical application of Permaculture in a range of disciplines.

#### PDC Course Dates 2002

Mar 3 – 16th  
May 5 – 18th  
Sept 1 – 14th  
Nov 3 – 16th

#### Onground Training Camps

A two-week course that follows each PDC, this course is experience based in advanced Permaculture system establishment and implementation. PRI coordinates international projects and operates a global networking facility.

#### Training Camp Dates 2002

Mar 18 – 30th  
May 20th – June 1st  
Sept 16 – 28th  
Nov 18 – 30th

## The Permaculture Research Institute

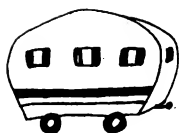
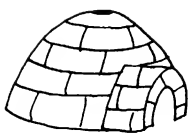
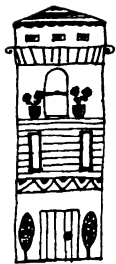
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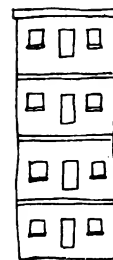
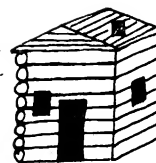
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NSW 2480, Australia





# KIDS PAGE HOMES



Homes come in all kinds of shapes, sizes and styles throughout the world. Think of blocks of flats, hotels, caravans, igloos, castles, huts, tents, houseboats, cabins . . . Homes must meet the needs of people living in different climates. For example, in the hot climate of Bali many walls of homes are like blinds so breezes can flow through but hot sunlight is kept out. The type of materials available in different areas will often influence the style of homes built. For example, in Alaska igloos can easily be built because ice is abundant. Remember also that homes are more than places that provide shelter - think of what you do and how you feel in your own home (sleep, eat, play, feel safe, share . . .)

## Cubby Houses



Cubby houses are places where kids can run the house! They can be made from wood, tin, cardboard boxes, fabric, or anything else at hand.

### A Simple Cubby - A Teepee

Native American tribes made homes called teepees, or wigwams, from long tree branches and animal hides. You can make one of your own from poles and fabric for a simple cubby house.

#### You will need:

- 4 long pieces of dowel approximately 1.5 m long string and/or thick rubber bands
- several pieces of fabric approximately 1.5 m long (you could use towels)

- ★ Bind the 4 pieces of dowel together with string or rubber band, near the top end.
- ★ Gently open out the dowel lengths so that they form a teepee-shaped frame.
- ★ Drape the pieces of fabric or towels over the frame and hold them with a thick rubber band or string over the binding point of the dowel.
- ★ Remember to allow for a doorway.

## There Was A Crooked Man

There was a crooked man, -  
And he walked a crooked mile.  
He found a crooked sixpence,  
Beside a crooked stile;  
He bought a crooked cat,  
Which caught a crooked mouse,  
And they all lived together in a crooked little house.

## Stories With Homes

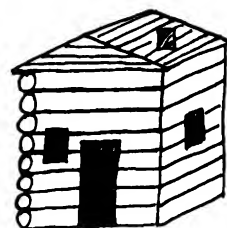
Think of all the classic children's stories in which homes are central, such as:

- ★ The Three Little Pigs with their houses of straw, wood and brick
- ★ The House at Pooh Corner
- ★ Madeleine and the house covered in vines
- ★ Hansel and Gretel and the gingerbread house

## Bake A Gingerbread House

#### You will need:

- 1 cup margarine
- 1 cup sugar
- 1 cup golden syrup
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp ginger
- 1 tsp nutmeg
- 1 tsp cinnamon



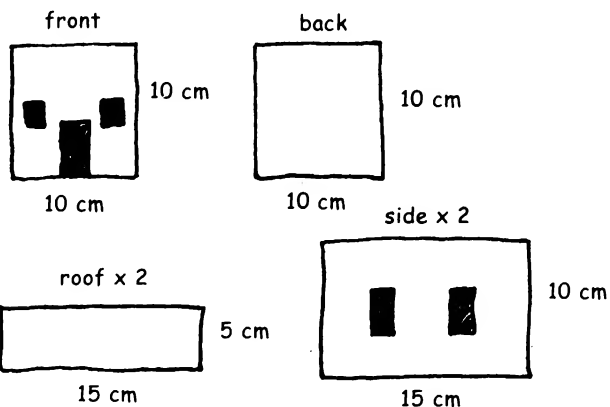
#### What To Do:

Melt the margarine, sugar and golden syrup in a saucepan over low heat (have an adult help). Stir in 4 cups of flour, one cup at a time. Roll out with a flour-covered rolling pin and cut into pieces as shown below. Place on a baking tray and bake in a moderate oven for 6 - 12 minutes.

When cooked and cooled, join the pieces together with icing and decorate with icing and lollies in any patterns you like. Before constructing the house panels you might need to shave edges with a sharp knife for a good fit.

#### Icing:

Combine 3 egg whites, 1/2 tsp cream of tartar and 500 g icing sugar in a bowl and beat until smooth and thick.



# IN THE KITCHEN

**Coping with a food allergy in the family can strain any cook's imagination and patience. Basic recipes are difficult enough to find, special treats for the allergy sufferer to enjoy are few and far between. Peter Maslin has contributed some gluten-free goodies for the gluten intolerant and coeliac sufferers.**

From time to time readers ask about gluten-free recipes so I thought my favourites might be of interest.

## RICE BANANA BREAD

- 2 cups brown rice flour
- 1 tsp salt
- 4 tsp baking powder
- 1/2 cup butter or margarine
- 1/2 cup mashed banana
- 4 tbsp honey
- 2 eggs
- 1/2 cup soya grits

Sift together the flour, salt and baking powder. In a different bowl, cream the butter, banana and honey. While stirring add the eggs, dry ingredients and soya grits until the mixture is blended. Spoon the mixture into a small nonstick bread tin and bake at 180° C for approximately 30 minutes or until golden.

## BREAD & BUTTER PUDDING

- 3 eggs
- 2 tbsp raw sugar
- 2 cups milk (soya or dairy)
- 1/4 tsp vanilla
- some nutmeg
- 4 slices of the banana bread, above
- margarine
- raisins or sultanas

Spread margarine on bread. Cut bread into squares and place in a greased oven dish. Sprinkle with raisins/sultanas. Repeat layers until all the bread is used. Beat eggs, sugar, milk and vanilla together. Pour over bread. Sprinkle nutmeg on top. Stand the oven dish in a water bath and bake at 150° C for approximately 30 minutes. Pudding is cooked when you slip a knife into the custard and it has a firm curd.

## SAGO PLUM PUDDING

- 1/2 cup sago or seed tapioca
- 1 1/4 cups milk (soya or dairy)
- 1 cup raisins or sultanas, chopped
- 1 tbsp almond or cashew spread

(see method below to make your own)

- 2 tbsp marmalade
- 1 egg, beaten
- 1 1/2 tsp cream of tartar
- 1 tsp bicarb soda
- 2 tsp mixed spice
- 1 cup rice crumbs

Soak sago/tapioca in milk overnight. Grease a one-litre size steamer. Combine all ingredients with the sago/tapioca. Blend. Place mixture in greased steamer, cover and steam for two hours.



## ALMOND/CASHEW SPREAD

(raw nut butter)

- 1 1/2 cups nuts, cashews are best
- 2 – 4 tbsp vegetable oil
- salt to taste

Place oil in a blender. Add nuts and process until a crunchy or smooth consistency is reached. Use a rubber spatula to keep the ingredients flowing into the processing blades. Note: If using almonds, they need to be blanched first. Do this by pouring boiling water over the nuts and letting them sit for one minute. Rub the nuts between the thumb and finger to remove the skins. Do not allow the nuts to remain in the water – they become waterlogged and hard to use.

Make a special treat from this spread by mixing in a teaspoon of honey and enough finely chopped dates to make a stiff mixture. Form into small balls and roll in desiccated coconut.

## CAROB CAKE & VARIATIONS

- 2 cups gluten-free flour
- 1/4 cup carob powder
- 1 tsp bicarb soda
- 2 tsp cream of tartar
- 1/2 cup honey
- 1/2 cup milk (dairy or soya)
- extra milk if needed

Sift dry ingredients. Mix wet ingredients together and then gradually add to flour mixture, beating well. If too dry, add more milk to make a cake batter consistency. Cook in greased cake tin in a moderate oven for about 45 minutes.

Variations: (1) Add 1/2 cup finely chopped dried apricots to batter, or 1 tablespoon finely grated fresh ginger. (2) Heat 2 tablespoons of the milk sufficiently to dissolve coffee powder, to taste, and add to remaining milk. (3) Stir 1/2 cup chopped nuts into mixture prior to cooking.

## MORE INFORMATION

I have three books on gluten-free cooking that you might like to hunt up.

- *Living Without Gluten*, by Kathryn Pile, 1993. PO Box 10, East Brighton, Vic 3187. She has two other books: *Gluten Free Diet – Recipes* and *Wheat Free Diet – Recipes*.

- *The Gluten Free Diet Book*, by Dr Peter Raw & Ruth Rolph, 1992. Little, Brown & Co (UK) Limited, 165 Great Dover St, LONDON, SE1 4YA. Dr Rawcliffe has another book: *Gluten Free Dishes – Recipes*.

- *Wheatless Cooking* (including gluten-free recipes), by Lynette Coffey. Greenhouse Publications P/L, 385 – 387 Bridge Rd, Richmond, Vic 3121.

- Freedom Foods have gluten-free recipes, freecall 1800-646-231. They sell a product called 'Freedom Foods Loaf Mix' with a bread recipe on the pack, free from gluten, wheat, dairy, yeast, potato and sulphur dioxide.

Other gluten-free recipes can be found in GRs 126, 128 & 137. ♡

# Heavenly Sourdough Bread

by Wolf Schmidt, Broadmeadows, Vic.

I have always loved the country, but as a migrant in 1964 found work in the city. Being responsible for a wife and two children was more important than any wishful thinking. Now with severe arthritis, and lately diabetes, there is no longer any point in leaving here. Besides, not even an atom bomb could shift my wife. We have a nice house and garden, we lack nothing, so have no reason to be unhappy or miserable. The only thing we are self-sufficient in is making our own bread. It is easy to make, great tasting, and we know what is in it.

Take 100 grams of rye flour, add 100 millilitres of 40° C heated water. Mix well and leave to stand somewhere in the kitchen and in 48 hours you'll have sourdough. To make bread with it use half the sourdough and put it in a large bowl. Sift 500 grams of rye flour into it and add some warm water. Mix it well with a spoon, cover and leave overnight. You will find it much increased the next morning, so do use a good sized bowl; it is not much value all over the floor or bench. You must replenish the sourdough; again add 100 grams of rye flour, or any other, it does not really matter, again 100 millilitres of 40° C water. Mix really well. Leave overnight. I use an old instant coffee jar with a plastic lid. The fermentation pushes the lid up and some of the contents may overflow, therefore my jar sits in an empty ice cream container to catch the stuff. Afterwards place the sourdough into the fridge, not the freezer.

To make bread the next morning, sift 250 grams white plain flour on top of the sourdough and also 250 grams stoneground plain flour. Add three tablespoons of dried yeast, three teaspoons of salt, 1 tablespoon of liquid malt. Do not be tempted to use more because your bread will just fall apart. Add enough buttermilk or beer to make a nice workable dough. When

almost finished, add 125 grams of butter, or if you are a diabetic like myself, use olive oil, canola oil, or whatever you prefer. Butter is best for taste and the fat will make your bread keep for weeks in the fridge.

Now cover your dough and give it approximately half an hour or so of rest. If well risen, start kneading for a good time, then shape your loaves and place them into two pregreased tins. Throw some flour lightly onto the fat in the tins to make it easy to remove the finished bread. When the loaves have risen enough, they must be brushed with water, or buttermilk if you like. They also need to be slashed with a paring knife, or else pricked with a knitting needle, to control the expansion, or the loaf will crack all over the place.

When the loaves are in the tins, it is time to light the gas, or whatever your appliance happens to be. Then fill a sponge tin with cold water and place it in the bottom of the oven to generate steam. When your dough has risen to well above the tins, and your oven temperature is at 250° C, place the tins into the middle of the oven, and give some squirts of water from an atomiser bottle

into the oven as well – try to avoid putting out the flame. Do not spray the dough either, not directly anyway. Do that at two-minute intervals, about three times is enough. You will have lovely steam inside the oven which will help the yeast to multiply. The oven temperature will have dropped to about 100 degrees by now. Set your timer for 30 minutes and get the temperature back to 220° C.

When the half-hour is up and your timer goes off, have some wet lunch wrap ready. Open the oven carefully, pull the rack forward and place the wet paper on the loaves. At a time like that four hands come in very handy! Push the tins back, close the door with care, then set the timer for another 30 minutes. Try to have the oven heat at 200° C. By this time your nose will be tormented by the most divine smells.

When the time is up, tip the bread upside down into your well-gloved hands, tap the bottom. If it sounds hollow, set the bread on a metal rack to cool off. It must not be left in the tins where it would sweat. Once it has cooled off, get a sharp knife, butter, liverwurst . . .

To keep the bread, I wrap it in

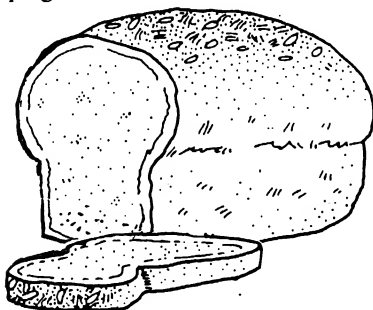


lunchwrap, then in foil. That goes into a plastic bag, and one loaf goes into the fridge, where it will keep for weeks, unlike the supermarket bread. The other loaf, wrapped in the same way, goes into the freezer. When you take that out, heat your oven to 200° C again and place the defrosted bread into that for approximately 15 minutes, and you'll have more fresh bread. I would never bother with a breadmaker myself, but since everybody suits themselves, do whatever you think is best for you, never mind me.

I sometimes vary the things I put into my bread. Sometimes I put in some caraway seeds, or cracked wheat, after pouring boiling water over it first. There are millions of varieties, but the basic one will come up a winner every time. A couple of spoons of yoghurt is good to add to your bread dough too.

Next time you take the sourdough starter from the fridge you have to leave it out for 12 hours before using it again. If it smells like nail polish remover, throw the sourdough out and make another one, as the smell means vinegar bacteria has sneaked in and it's not helpful to the yeast.

Once your friends find out you are making good bread, they hang around for a loaf here and there. If your neighbours live close by, they are going to be very friendly on baking day because the smell comes straight from heaven and makes them all dribble and drool. There is no great skill needed – keep it simple, follow the instructions and you'll never buy bread from a shop again. ♣

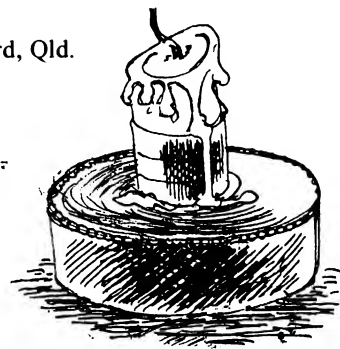


## HAY FEVER REMEDY

This remedy might be worth a try if you suffer from hay fever. Cut a chunk of honeycomb and eat it with the honey still in it. Some people have found relief from using this remedy after years of suffering. ♣

# Candle Power

by John Mount, Woodford, Qld.



What happens during a power blackout? I think the general scenario goes something like this: In total darkness, one member of the family goes hunting for the candles while another goes searching for a lighter or box of matches. This process is often accompanied by many curses as, either, the two searching parties bump into each other or into other members of the family, or someone collides with various pieces of furniture. Any torches to be had usually have flat batteries or no batteries (because no one has bothered to buy any!). A good idea is to tape a lighter or box of matches to a candle or packet of candles to avoid future black-out blues.

Besides making a good standby light during a power failure, candles have a host of other uses. For example, to totally weevil proof a food container, firstly ensure that it is 100 percent airtight! Then fill the container with the foodstuff that is to be protected, but leaving enough room in the container to house a small candle stub in a suitable holder. Place candle and holder in container on top of foodstuff and light the candle. Screw airtight lid on tightly. What happens next? The candle keeps burning until all the oxygen has been used up. No oxygen, ergo no weevils!

Many people shave a candle in order to make it fit a candle holder. An easier and more economical method is to hold the end of the candle in hot water for a few moments. This will soften it enough to squeeze into the holder. Another economical saving with candles is to keep them in the freezer just prior to using. This will make them burn longer (and some say brighter) and prevent molten wax from running too freely.

## MORE HOT HINTS

- To repair a leaking vase, drop some hot candle wax into the vase and rub or work the wax into the leaky area.
- A wax candle makes an ideal emergency stopper for all types of bottles. The candle effectively seals the opening and will not stick when

being withdrawn.

- Hold a birthday party without revealing your age? If you wish to be a little discreet about your age, simply form a few candles on the cake into the shape of a question mark.

- Small bright red apples with a candle-size hole in them make effective-looking candle holders for parties and special occasions.

- A car's radio antenna will telescope better if it is rubbed with candle wax or wax paper.

- Use a candle for a pin cushion. Then when you need a needle it will already have a thin smear of wax on the tip which will allow it to go through cloth like a hot knife through butter. ♣

## RECYCLING TIPS

Saw old fence pickets down the middle and use as garden stakes. Roof guttering off-cuts are great holders for chook food. Cut long enough to suit requirements and fit ends before screwing or riveting the feeders to an inside wall. Place them at a comfortable height for the chooks to reach. ♣

## NATURAL MEDICINE

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# Beware Of The Bull

by June Birkett, Crystal Creek, NSW.

**Never be fooled into thinking the bull you hand-reared can be trusted. These are powerful animals and the potential for danger is always present.**

Worldwide, many people are killed by bulls each year, so always beware of a bull. There are many myths concerning bulls; here are some of the most common.

'I hand-raised him myself. He is as gentle as a lamb.' **Wrong!**

Even the best bucket-raised bulls lose all decorum when the hormones start to hit.

'I totally trust that bull; he has never stepped out of line.' **Wrong!**

Bulls of any breed are never to be trusted. I have seen even cows put people in hospital. Our neighbour was in intensive care for two weeks after an attack. A dog may be man's best friend, but never a bull.

'Oh, a bit of four by two will soon slow him down.' **Wrong!**

Bulls are powerful creatures and, once stressed, can cover a paddock more quickly than any Olympian. Even if you get a chance to hit him with your four by two, his head and neck have more power than your arm or hands and by the time you find this out you're most probably under him.

'Some' breeds of bull are quieter.' **Wrong!**

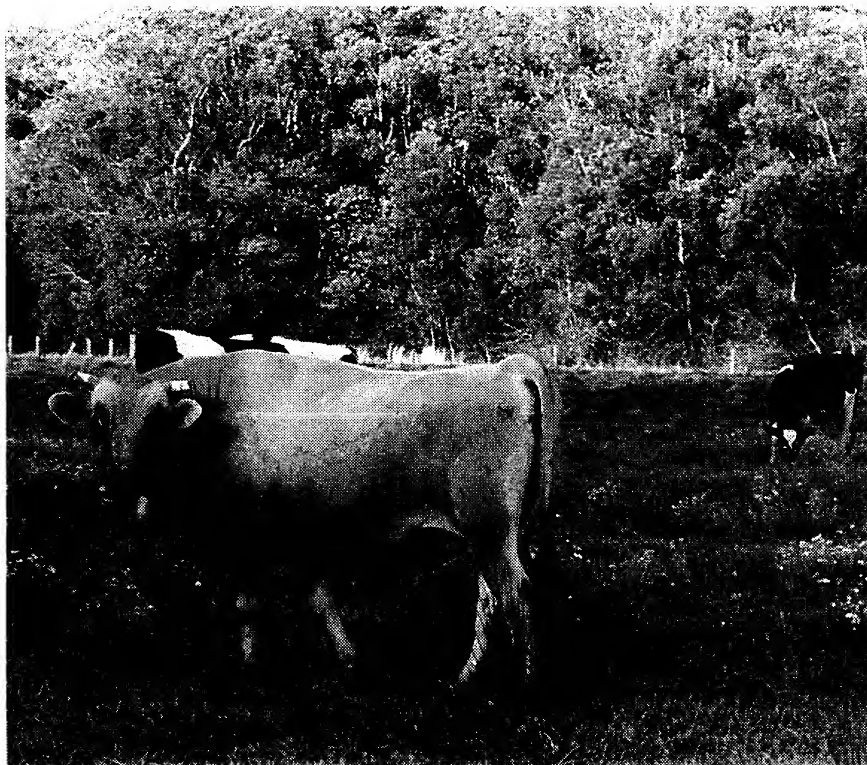
They all come from the same bovine family and all bear the same ancient instincts.

'A bull kept in a paddock of his own is quieter.' **Wrong!**

As soon as a bull decides he can smell a cow on heat blocks away, fences are not a hindrance. I have seen bulls clear a standing fence of almost two metres in three moves.

'A bull with his own herd will not worry about another bull.' **Wrong!**

We have had bulls with their own cows, but, having smelt the wind and a cow on heat in a neighbour's paddock, they will be prepared to stand and fight for that cow. Two Hereford bulls, ours and a neighbour's, once fought for a whole day until exhausted. When they



Jersey bull Winston with 'his' dairy herd. The colour or breed of the bull is not related to its temperament.

were safely in this condition we separated our bull and put him back into our paddock.

'Bulls do not see very well, they only see black and white.' **Wrong!**

A bull can be facing the other way happily eating grass, until you step into a paddock. Without seeing you he can sniff you on the wind, swing instantly and be on the run before you can step back across the fenceline. Bulls do not need to see very well, they have compensating senses.

'Black bulls are fiercer than light coloured bulls.' **Wrong!**

All colours are the same in make-up and temperament; colour has nothing to do with it. Just because a bull is black does not make him good or bad.

'A dehorned bull is okay.' **Wrong!**

Dehorning a bull does not take the hormonal temperament away. Many bulls are born naturally polled (without horns), but the thickness and strength of the head and neck muscles remain the same.

'Always check a paddock for the presence of a bull before entering.' **True!**

Yes, before crossing paddocks always check to see if a bull is with the herd. Bulls will often be away from a herd in a quiet place of their own until you cross their herd. Always check where a bull is first.

'When handling a bull extreme care should be taken.' **True!**

Even milking cows will sometimes



charge after birthing. A bull does not need that excuse. If a bull has to be loaded for cartage a nose ring and prods are handy protection, and more than one person is helpful.

'Bulls lose their speed with age.' **True!**

Bulls do develop leg and foot problems with age, but never think you can assess the age of a bull on the run from across a paddock, especially when you are eyeballing him – age is of little concern.

'A bull castrated (cut) loses all aggression.' **Partly true!**

The hormonal urge is gone, but the strength remains. However, it certainly makes an animal quieter.

*Final note:* Always beware of a bull, as more people are hurt or killed by bulls than by snakes.



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# Possums And Passionfruit

by Elsie Pye, Torbanlea, Qld.



When I first came to live in Torbanlea, there was abundant wildlife here. Kangaroos and wallabies grazed on the grass; goannas, bearded dragons and geckos were a delight to see. There was even a shingle-back lizard, sleeping in the chooks' house. Tawny frogmouths sat in the ironbark trees outside my kitchen window.

And then there were the possums! Ringtails and lovely little sugar gliders. I only had neighbours on one side of me then and the railway line in front. There was glorious bushland at the back and on the northern side. Eucalypts, wattles, callistemons, grevilleas, proteas and melaleucas grew wild. It was a paradise for the bird life. As well, there were the planted mangos, citrus, baubinsias and hibiscus.

And, once again, the possums. My first lot of pumpkins and passionfruits attracted possums from everywhere. They climbed the trees and jumped on my tin roof at night with a terrific thump! They played ball with the nice round golden passionfruit by climbing up one side of the roof and rolling the fruit down the other side. Or they would sit on the lattice work and chew a round hole in the fruit to eat the pulp inside it. The pumpkins were treated the same way.

The ringtails were always trying to get down the chimneys, even when the stove was alight. I had to rescue a few of them, and then I gave up using the slow combustion stove for awhile.

Sadly, the wildlife is disappearing as houses and fences are erected in the surrounding districts and so much land is cleared. I have planted a lot of native trees on my property to help the environment, so I guess I will always have possums and passionfruit. I don't mind sharing my produce with native animals; there is always enough for myself and my family.

Guess what I am cooking today? Tomato and passionfruit jam! ♪

## ENCOURAGE BIODIVERSITY

To encourage indigenous fauna in your area, plant indigenous flora. Lists might be available from your local council or environment group, or from Greening Australia. ♪

## COOKING AND IRON LEVELS

You may be one of many who think eating raw vegetables is the best way to gain maximum nutritional benefit in your diet. Now food scientists in New Jersey are saying that steaming, boiling or stir-frying most vegetables for 15 minutes increases the available iron. The researchers found that 37 out of 48 vegetables tested provided more iron

after cooking, for example the iron in broccoli increased five-fold. Plant irons are better than animal sources for the body as their absorption remains safely regulated rather than being allowed to accumulate to levels that increase free radical activity, which can lead to heart disease and cancer or hasten the aging process. ♪

# Creating An Olive Orchard

by Gwen Deem, Maryborough, Qld.



During 1995 a friend of ours who was employed as a teacher of agriculture told us that of all the 'new' farming ventures he and his students had investigated, olives seemed to show the most promise. That was what prompted my husband Richard and I to grow olives. Since buying our 50-acre farm we'd been tossing a few ideas around about which crop to grow. This one sounded promising. The search was on for all the information on olive growing that we could find.

We felt that our climate at Yerra, in south-east Queensland, would be suitable. Our only concern was whether we would get the required ten days of less than ten degrees Celsius per winter that olives require. Our hopes increased as we discovered the various aspects of successful olive growing. It appeared that olive trees had many advantages over other trees. We learnt they are not affected by birds, as the fruit is bitter prior to picking; they are drought hardy; tolerate a wide range of soil conditions; are frost resistant; and suf-

fer from few diseases and insect pests. Cattle can graze amongst them once the trees have reached maturity. Their longevity was just another plus, with trees in Jerusalem having apparently survived and produced fruit for over a thousand years. Olives, we thought, sounded great!

Armed with this knowledge, we contacted Olives Australia at Grantham. Prior to ordering our trees, we were offered advice on soil preparation, irrigation and planting. The staff were really helpful in assisting to select varieties that suited our climate. We felt the hard part was over. At last the decision had been made. We chose a total of 500 trees of four different varieties. Three varieties were a dual-purpose olive suitable for either table or oil, the fourth, and solely a table olive, would be the popular large, black Kalamata.

Excited by our new knowledge we literally 'ploughed' into our new venture. The paddock we had chosen needed a lot of preparation before any

trees arrived. Our first undertaking was to pick up the hundreds of pieces of twigs and dead wood that had somehow found their way into our anticipated 'olive grove'. Being a rather enterprising person, I invited the locals to send their children over to help, with the promise of all they could eat at the nearest McDonalds once the job was done. Good idea! Cheap labour, a job well done, and a good time afterwards.

Next, to determine the planting aspect. The area we had chosen was just above our central dam and had a nice soft contour, which, when planted, would have an amphitheatre effect. Rows and tree sites determined, it was time to start preparing the soil. It's really important to open up the ground to give the young tree roots room to spread, and to remove any old tree roots that may be buried. We were surprised at the number of submerged roots we turned up. We began by using a ripper on the back of our tractor to dig three lanes about 30 centimetres

deep and 30 centimetres apart. The centre lane would be the one in which to plant the trees and bury our irrigation pipes. But, first to dig the holes. Using the post-hole digger on the tractor made the job relatively easy, but it's important to also score the sides of the holes to deter the tree roots from winding around the sides.

It had been suggested that 'blue metal dust' be applied at this stage, because, apparently, having a slow breakdown rate, it gives the trees a controlled dose of minerals in their early years. We were unable to use the suggested product, so we used a processed mineral 'dust' instead, which worked really well. But first things first!

I still have nightmares about burying the irrigation pipe. As I didn't drive the tractor it was up to me to lay the pipe in the lines without kinking it, and to then lift it up to ground level at each tree site. Well, there's no doubt about it, the rippers are a marvellous invention, as long as they only dig to the set level. Unfortunately, the one we had hired did no such thing. At each hole I'd have to lie on my belly, my arms sunk to my armpits in the newly dug trench, trying to clear away enough black dirt to lift the pipe up to ground level, then, once I'd passed the tree hole, encourage it back into the trench again. A bad kink meant the water couldn't progress beyond it and the kinked section would have to be replaced. How I cursed myself for never having learnt to drive the tractor. Was I glad to see the end of that job!

Initially, we used chicken manure pellets as our fertiliser prior to planting and used about a couple of handfuls per tree site, watered in. This was done about six weeks prior to planting. We learnt we also had to buy hare guards because hares are such vandals and they just love young trees! They don't even eat the plant they've just decimated, they simply bite the stalk in two and leave the cut piece lying on the ground. Heart breaking! We learnt that wallabies and kangaroos like sharpening their teeth on the bark as well, and can shave so much bark that often the tree won't survive. So we ordered some biodegradable tree guards made of a green plastic-type netting that breaks down over a few years.

At last it was time to buy and plant

our trees. Our first choice was a variety of olive tree developed by the University of California, called UC 13A6. The next batch would be Corregiola, and they would be followed by the Manzanillo. The Kalamatas would be the last planting. When our trees were ready, we made the trip to collect them in our Pajero 4WD. If there was an award for the most trees ever fitted into a wagon, I'm sure we would have won it. Of course, the trees could have been sent by road transport, but at that stage we wanted to collect our precious 'babies' ourselves.

Planting time! We were up at the crack of dawn. Unfortunately, Rusty, one of our cows wanted a piece of the action too! She found the tray of tender young trees, accidentally left too close to the fence, irresistible. Result . . . ten trees of a shorter nature. The neighbours and their grandchildren came to the rescue again and we began planting in earnest. But, oh dear! The one thing we hadn't taken into account was that our poor backs weren't as young as they used to be. By mid afternoon we painfully straightened up to view our first hundred trees. Planted, staked, rabbit proofed and watered. AT LAST!

The rest is history. We've now sold our farm but our UCA13's have just fruited, the olives so large that when I first saw them I thought they were the Kalamatas. We've never regretted choosing olives. They were easy to grow, with very few problems. You do need to keep on top of the weeds because they will deprive the young

trees of nutrients if you let them.

On reflection, we should have pruned the trees into shape earlier than we did, but, as a hard pruning too early can set your trees back, and in the worst instance even kill them, we were reluctant. By the same token, it's a shame to have to cut so much off your tree at a later stage, so really it's a bit of a juggling act. We now know that if you determine which shoots are your central leader and supporting branches early on, and, as the trees grow, remove all growth up to about a metre from the ground, your tree will be well structured with few wasted cuttings. Young trees do need a certain amount of leaves to survive, so prune with caution.

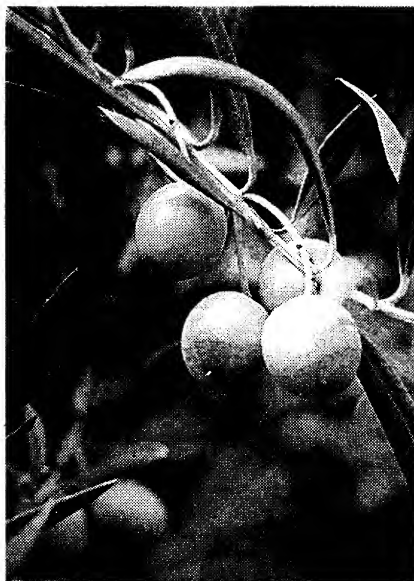
When our trees were about three years old we changed from using chicken pellets to aged chook manure, mainly because of cost. Each tree was given about a shovelful around the dripline in spring. We pruned in autumn and irrigated for about an hour a week, unless the rain had done it for us.

Be careful when choosing your stakes. After disappointing results with bamboo and softwood stakes we finally used hardwood tomato stakes. In the long run it's worth paying the extra for hardwood. Olives require good staking; it's vital that you provide it. We found this to be especially true with the Kalamatas.

The only insect attack we ever had was the olive lace bug. It has a voracious appetite and can skeletonise the leaves and trees in a few days. Although we tried to use only natural controls and growing measures, we did have to resort to a chemical poison to rid our trees of this pest. None of my organic treatments were successful in eradicating the only pest our olives ever had.

Today we remember our olive trees with pride. We transformed a former bare sugar cane paddock into a beautiful green amphitheatre. It wasn't easy, but I don't think it was as hard as a lot of other farming enterprises. We found growing olives to be a pleasing experience and now, five years on, because of the growing demand for olive products, the future is even more promising than when our dream first began. ♣

Kurrajongs don't seem to mind the bitter fruit. They ate every one of ours one season.  
- Ed.



# COOL SHEDS

by Roberino, Arrawarra Beach, NSW.

Summer time can be pretty hot in a shed, whether you are trying to work in it, sleep in it or whatever. You can get quite a significant drop in temperature by putting your shed in the shade, literally. A covering of shadecloth with a 200-millimetre gap between the tin roof and the shadecloth is fairly inexpensive and also keeps leaves out of the gutters (by overhanging the shadecloth), which is an important fire consideration in summer.

There are many ways to achieve a 200-millimetre gap and many people may opt for only 100 millimetres by using 100 x 38-millimetre packers on top of the roofing iron. Others may go for a supercool double layer of shadecloth using two 100 x 30-millimetre layers stacked and fastened to each other, and, of course, to the roof members, with a sealant at each fixing. Extra cooling will result from extending the shadecloth either horizontally or vertically on a pergola to protect the walls.

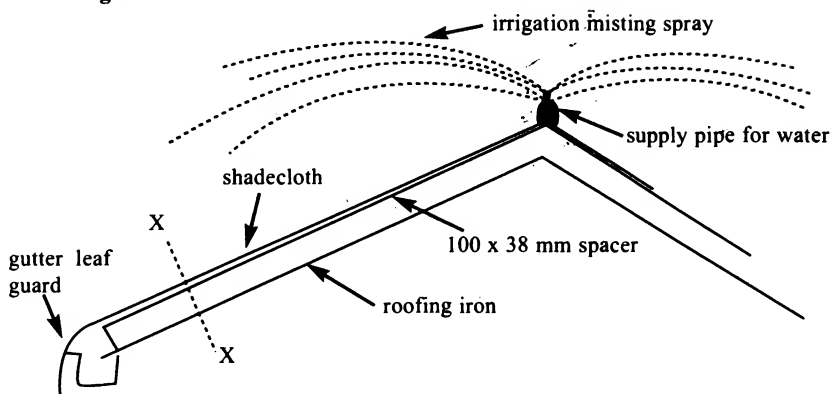
If you have a large water supply, you can arrange a misting spray on the roof and walls, like a huge Coolgardie safe. This is excellent protection in a bushfire situation.

Note: Any fixings which penetrate the roofing material should be sealed against water leakage into the building.

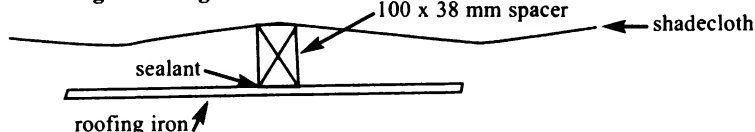
Just hanging a double sheet or blanket from the eaves on the sunny side of a shed can reduce the amount of heat build-up in a shed.

Cross ventilation, ridge vents, roof vents, bats, electric fans, all help to make life in a shed more bearable. Creating air movement cools sheds and people. Solar electric fans are a great accessory for cars and dwellings because the more sun there is, the faster the fan evacuates heat. ☼

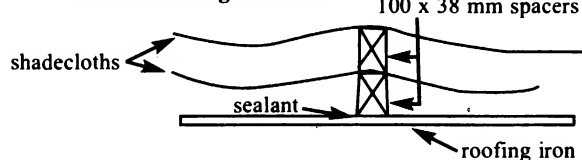
## Roof Irrigation



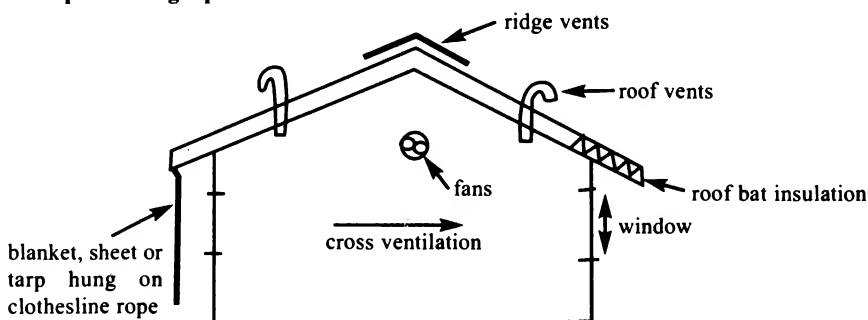
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# NATURE'S TRANQUILLISERS

by John Mount, Woodford, Qld.

It is true that medical science has available a virtual truckload of pills and potions to help dull our senses to 'stress and strain'. These drugs are today sold in ever increasing quantities, but unfortunately we do not see the general population becoming more serene or peaceful!

Nature, too, has quite a selection of tranquillisers available, that is, apart from herbs and other natural sedatives. For example, when you feel like you are about to explode or blow a gasket, try taking a deep breath and, while holding it, push out your stomach until it looks like you've just swallowed a soccer ball. Then, still holding your breath, pull in your tummy and expand your chest, without breathing in or out. Now repeat the whole thing again. Breathe normally. If you're still stressed, repeat the whole process four or five times and you'll gradually feel yourself

coming back to normal.

Anger, jangled nerves, worry and many other forms of dis-ease will respond to various forms of physical activity. I recall many years ago an old sawmiller telling me how, when he was upset or angry, he would go into the bush and chop down a couple of large trees with an axe. This, he said, never failed to settle him down. Nowadays of course this activity would be more than frowned upon in our conservation-conscious society. There are, however, other equally effective forms of physical stress release. Walking, for example, will lessen tensions and help to ease jangled nerves. Brisk walks usually serve best for severe and acute tension while long meandering rambles suit those with long-term nervous dispositions.

Bathing in running water was once a commonly used stress reliever, but only available now in areas where water

shortages are not epidemic. After filling a bath at a temperature of around 38° C; partly open the plug hole and leave the tap(s) running just a little, enough to replace that amount of water leaving the tub. No effort! Just lay back and allow the flow of water to wash away your troubles. Herbals baths are also good for relieving tensions.

As well as the physical methods, there are also sound and visual forms of stress release, including pleasant music, scenic views, fish tank watching, oil painting or other hobbies. A good combination of strategies is to take a slow walk beside a babbling brook.

Nature does not give freebies, for every upper there is a downer, but she is not totally heartless, for even after the darkest night there is always the dawn. It is a sort of spiritual law that teaches us not to rely on quick fixes, but to build up our emotional strength from within. ♡

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# Getting Tanked

by Neville Jackson, Valhalla.

The Ancient Greeks developed the Doric column. Carved out of the softer rocks, such as sandstone and marble, these fluted columns became the most popular and recognisable feature of Greek architecture. Now you too, without any masonry skills, can have a Greek Doric tank stand.

Fresh potable water is the most essential substance for life on the land and rainwater tanks are possibly the best way to achieve this for household purposes. This article shows how to construct a low-cost tank stand of concrete columns (I), and another of a solid-fill wall-surround type (II). Timber or steel post stands, well braced, are also suitable, although expert opinion on the correct dimensions and construction safety should be followed.

One must always remember that water weighs heavy! A common size of corrugated iron tank is 4500 litres.

The water alone weighs over 4.5 tonnes, plus the tank and stand, so always err on the side of generosity for foundations.

Before a tank is bought, determine where the inlet and outlet are required.

An 18-millimetre tap outlet is far better than the old 12-millimetre one as water pressure is greatly increased in the larger bore because of reduced friction. An 18-millimetre outlet is preferred by rural bush fire brigades for easier connection to their hoses and pumps. A tee outlet fitted with gate valves or taps is more convenient, perhaps one for a fixed water supply and a spare.

Measure the height from gutter outlet to ground level to determine if a squat or a tall tank is better for the position or water pressure. Make a sketch of your requirements and take it to the tank stockist.

Have the tank stand complete before the tank is delivered. It is far easier to

roll/slide a tank onto the stand from the delivery truck than to lift it from ground level.

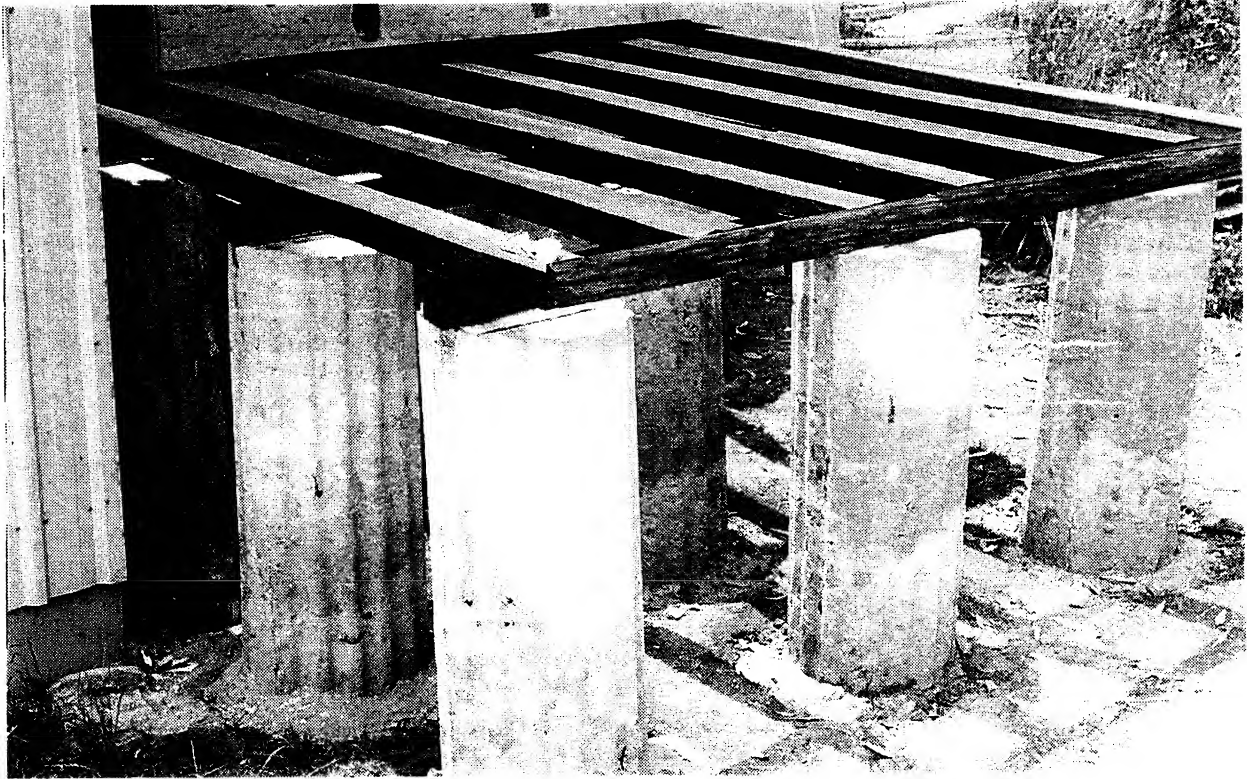
If there is a commercial bonded paint finish on roofing and gutters and water is stored in a Zinalume tank, a neutral delivery pipe between gutter and tank should be used. I use a PVC downpipe. This prevents excessive rust in tanks because certain brands of coated metals set up a dissimilar metal reaction with zinc-coated metals such as Zinalume and corrugated iron.

Always fit a leaf trap and ensure the tank is mosquito proof. A slight slope of 10 – 20 millimetres across the stand will guide excess rainwater away from buildings, walls, etc.

Install a stump or block to the correct height under the tap tee, so that buckets can be easily filled.

## TO BUILD TANK STAND I

(a) Measure the tank height.



Nine columns are required for a tank two metres in diameter. Set columns at one metre spacings. Strong timber supports sit atop the columns.

(b) Measure thickness of timbers, iron etc used as supports for tank on stand.

(c) Measure distance from ground level to water outlet at the gutter.

Add (a) and (b) then deduct from (c). This is the approximate height of the tank stand.

Foundation holes are a separate item, but are usually 45 centimetres deep in good ground.

Endeavour to have tank height reasonably close up to the gutter (with a drop of at least 30 centimetres for the possible PVC downpipe). If roofing, gutters and tank are all Zincalume, a delivery (downpipe) may not be required. As a general guideline, the higher the tank outlet the better the pressure at the tap.

Clear the work area and arrange cement, sand, water and rock/gravel. Always maintain dry storage conditions for cement. I de-bag 40-kilogram paper sacks into 20-litre lidded drums ( $\frac{1}{2}$  to  $\frac{1}{3}$  full), because it is easier to handle.

#### Foundation Holes

For a tank diameter of two metres, nine columns are required. My foundation holes are 45 centimetres deep by 80 centimetres wide. Three by three columns on one-metre spacings, gives room for adjustment of tank position and space to stand to clean the leaf trap.

#### Formwork

My form construction method consists of two sheets of corrugated iron in reasonable condition, 10 centimetres longer than the completed column. These sheets are edge fastened with 20-millimetre self-drilling screws with hexagonal heads. Place the screws about 30 centimetres apart, but omit the ones nearest the ground. This is

better fastened with a round of soft fencing wire, for bottom screws may be difficult to remove. Bend the form to a circular shape. Two sheets of iron thus give a column diameter in excess of 40 centimetres.

If concrete columns higher than 150 centimetres are required, obtain expert advice for dimensions and construction.

*Remember, safety first and always.*

#### Tools

- chopper or metal cutter disc
- spirit level
- straight edge 3 m long
- barrow and/or cement mixer
- shovels
- cementing trowel
- hammer
- waterproof coloured crayons
- electric drill with hex head driver
- garden hoe

#### Making Cement

I once helped a 'builder' put up a house and the only useful idea I learnt from him was how to make a small batch of cement.

Into the barrow place half the required water, then the sand and cement powder. With the garden hoe, keep a straight back and push forward and back with the hoe. Gradually add remainder of water until mixture is correct. For many years previously I had mixed with a shovel (that's possibly where my bad back came from).

#### Materials

- sand, cement, gravel (or rock)
- 2 sheets corrugated iron (old but sound is okay)
- 8 x self-drilling screws 12 – 14 x 20 mm hex head
- 1.8 mild steel fencing wire

Mortar and concrete mixes are usually shown on cement bags. Concrete

piers/columns require a strong mix of 15 MPa, which is 3.3 aggregate, 3.2 sand and 1.0 cement (per The Cement and Concrete Association of Australia).

#### Method

Line the base of each foundation hole with brick-sized rocks in a cement slurry and, when at ground level, stand the column form vertically in position.

Mark the finished height of the pier with waterproof crayon in several places on the outside of the form.

Rocks are placed within the form with at least 50 millimetres clear of form walls. Slurry cement is poured around inside edge and between rocks until a rough level is made. Continue with rocks and cement. Check for verticality at intervals.

Go to smaller stones in the concrete for the last 100 millimetres of height. Overfill 5 – 10 millimetres for a certain amount of shrinkage will lower the final level. To estimate the correct finish level, place a twig or nail on your crayon marks and sight from above with one eye shut.

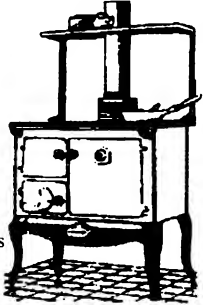
Smooth the concrete top and leave for 24 hours.

Remove fencing wire tie first, then top and bottom screws. As the sheets are under some small pressure, the last screw removed should be in the centre of the form. Check top of column with spirit level. Tidy up with an old knife if necessary.

The next column is made in a similar fashion, except that to place crayon height marks on the form, the straight edge is pinned on the finished column, checked with the spirit level and used to mark second column. Remember to mark underneath the straight edge. A small batter of concrete at the base of the column will tidy up the job and

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Above: Concrete columns are poured inside formwork of corrugated iron for a Greek Doric column look.

Below: A rock-surround rubble-filled tank stand is easily built where rocks are plentiful.

guide water away from foundations.

A waterproof square of fibrocement or similar material is placed on top of each column to prevent damage to timbers from rot. Then three base beams of 75 x 120 millimetres are aligned, each over three columns. After the beams are checked for level, a timber support base of 75 x 90 millimetres is laid in the opposite direction with an edge strip to finish. This helps as a support edge when the tank is placed onto the stand.

All timbers may have to be of larger dimensions if a tank capacity of greater than 4500 litres is used. Photo on p59 shows construction with timber in place.

## TANK STAND II

A rock-surround rubble-filled tank stand is a simple construction if plenty of rock is available. Preparations are similar to method I.

(a) Measure the tank height.

(b) Measure distance from ground level to gutter water outlet.

Deduct (a) from (b). This is the approximate height of the tank stand, less the drop allowed for the PVC downpipe if required (as explained previously).

On a cleared levelled site, dig a



circular area 20 centimetres larger than the tank diameter and 45 centimetres deep in good ground. At a convenient place, widen to accommodate a place to stand for leaf strainer cleaning.

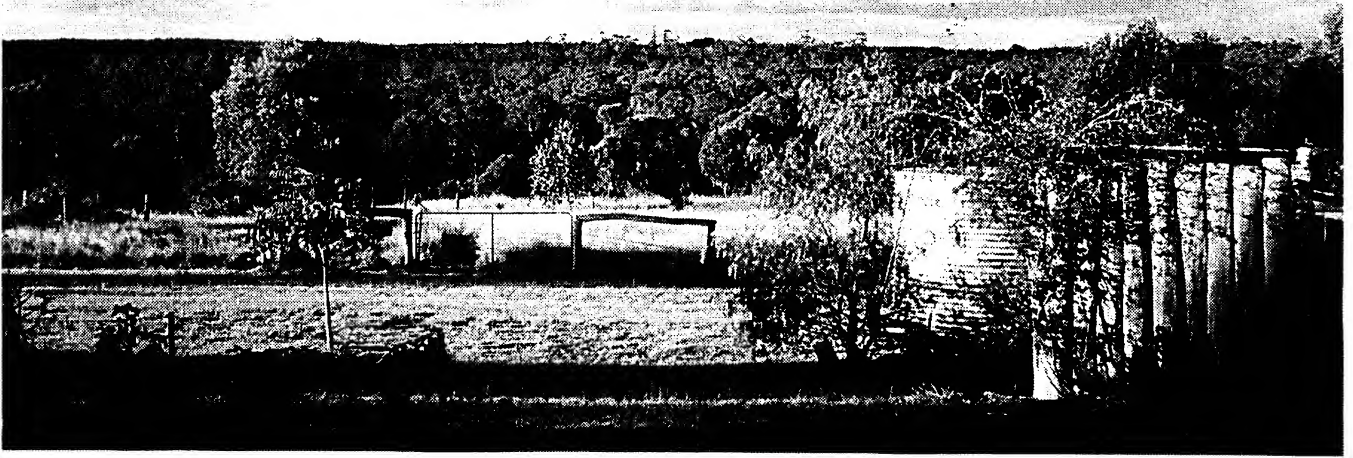
For the foundation mass below ground level, use the 15 MPa concrete mixture. When at ground level, large blocks of stone free of cracks or other faults are cemented together as the circumference, with a mortar of six parts

of sand, one part of cement, and water to a 'stiff' mix. Continue around the circle. The stones in the subsequent levels should overlap previous joints. When 100 millimetres short of completed height, the circle is filled with rocks and rubble, levelled with sand, then continued until filled. A cap of strong concrete of 40 MPa – 2 parts aggregate, 1.5 sand and 1 cement – is trowelled flat with a slight slope away from buildings.

# FROGSONG

## The Next Adventure

by Clare Colins, Nanango, Qld.



'This is the life for us,' we said. 'This is where we live now and we'll stay here forever farming and raising animals.' That was before the cow died! We cried and cried and our lives changed – dramatically.

'What does this mean?' we asked our hedge-witch friend Mally. 'It means,' she said, that you are free'. Four months later things were very different.

We sat on our beautiful north-facing deck and watched wallabies sparring, wild ducks skiing on the dam, goannas slinking across the grass, and birds, lots of birds, enjoying the myriad trees we'd planted in worm poo five years earlier. The domestic animals were all gone. No more pigs, chooks, donkeys or cattle. All gone to new loving homes. No more pen building, poo collecting, tick spraying or hay buying. Aah! The peace and tranquillity were wonderful.

What would we do next, without animals? We had DJ instead – a 1978 Ford Transit motor home. Not big, but very user friendly, safe, reliable and comfortable. We'd been a-travlin'! We'd visited communities in NSW and marvelled at the amount of work there is to do in higher-rainfall areas. We'd seen some interesting permacul-

ture gardens, and even been to a couple of festivals, one quite big, the other huge! Our friends in Nanango must have thought us really crazy when we divested ourselves of almost all our possessions. 'We're not coming back,' we said, as the removalists came to take our remaining pieces of furniture to Emma's place in Brisbane. 'You'll be back,' they said. 'Everyone does.' 'Not us,' we replied. 'We're off on an adventure.' Eight weeks later we came back!

Frogsong had never looked better. The grass, green and lush, the dam sparkling clear, the roses in full bloom, the house – empty! Oops! 'Oh well,' we said. 'Nothing wrong with a radical spring-clean once in a while is there?'

We were pooped! Travelling is fun, but can also be a bit stressful and busy and noisy! So we came home.

Luckily, our house hadn't sold in those eight weeks. So, after a couple of weeks relaxing and regathering the essentials of life (like a bed), we decided to keep our beautiful place in the country, and jokingly we renamed it 'Sanity' – our holiday home.

We were soon off travelling again, to visit some very special people in Victoria. We travelled the inland route

and returned via the coast, calling in to see some lovely people we met on our first trip. Members of our clan live everywhere!

Do we have any regrets about our changed lifestyle? No – emphatically – NO!

In the four months after poor Rhietta died we saw more beautiful places, met more members of our 'family', had many an exhilarating experience, and really 'lived' life. Time seems to slow down when you are away from home.

Apart from the loss of Rhietta, whose death still remains a mystery, all the animals left here in better condition than when they arrived. We did our best and are proud of the hard work we've done here. But hey, it's a big beautiful country we live in and somewhere there's a donkey to pat, a cow to milk, or eggs to collect. There's lots to see out there. Needless to say, we took a few of every type of vegie seed with us on our trip and planted a garden here and there when our nails got too clean and long and the urge to garden got too strong!

Frogsong is now a native animal sanctuary, and the gardens have a more countrified look about them now that





Above: A beautiful spot near Bathurst, NSW.

Top Right: Travelling herb pot and bonsai being enjoyed by a local maggie at one campspot.

Right: The farewell party when we left Nanango, never to return, but we did.

Now we think we have the best of both worlds. We can travel, but return to our beautiful home base whenever we feel like it.

we no longer own a noisy smelly whipper snipper. We have time now to contemplate, chat, enjoy the scenery and wildlife. We have time to read and write and play music, and save for the next trip. We can go whenever we like and return to 'Sanity' when we've had enough. Perfect!☺



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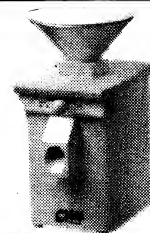
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# GARDEN BOUNTY

## Nasturtium

by Cheryl Beasley, Robina, Qld.

This easy-to-grow rambler does best in good soil enriched with compost. The peppery leaves and flowers grow well with radishes and broccoli, and also beneath apple trees to repel woolly aphids. Both the flowers and leaves can be used in cosmetics, being of benefit to dry skin and encouraging faster hair growth.

### NASTURTIUM AND EGG SHAMPOO

egg yolk

1/4 cup warm nasturtium infusion

Beat the infusion into the egg until blended then massage well into the hair and scalp for three minutes. Leave to soak for a further five minutes then rinse with cool water until it runs clear and all traces of shampoo have disappeared.

### NASTURTIUM INFUSION

1 cup chopped nasturtium leaves

1 lt water

Boil water and pour over nasturtium leaves. Leave to infuse for several hours. Strain and store in fridge.

Pour through the hair after washing as a final rinse to help weak, dull hair shine and grow strong. Use after every shampoo for the best results.

### HAIR TONIC

1 cup white wine vinegar

1/2 cup chopped nasturtium leaves

1/2 cup water

Heat the vinegar and pour over the nasturtium leaves. Leave this to cool, strain, then add the water. Use this tonic on the scalp two or three times per week after washing the hair.

### Moora Moora Festival Cancelled

Inability to obtain public liability insurance has forced the cancellation of this year's festival that was to be held on Feb 23. Organisers apologise for any inconvenience and hope to be able to resolve this issue in the long term. ♻



Nasturtium spilling out over the edge of a garden bed. As well as using leaves and flowers in salads don't forget the seeds can also be harvested.

### NASTURTIUM FACE PACK

(dry skin)

2 tbsp wheatgerm

1 tbsp chopped nasturtium leaves

1 tsp sunflower oil

fresh cream

Mix the first three ingredients with enough cream to make a usable paste. Spread over your face and neck and leave for 20 minutes before rinsing off in warm water.

### MASSAGE CREAM

1 medium jar petroleum jelly

3 tbsp lanolin

3 tbsp sunflower oil

1 cup chopped nasturtium leaves and flowers

Melt the jelly, lanolin and oil in a pan over hot water. Add the nasturtium leaves and flowers and heat for 30 minutes. Strain and beat until thick and cool.

This cream is soothing and healing for dry heels, elbows and knees. Apply the cream thickly to severely cracked areas, cover with a sock or bandage and leave overnight. The cream will work on the dryness. After repeating this process a few times you will find that the areas greatly improve and can be treated less vigorously.

This cream also serves well as a barrier cream when working outside in weather extremes. ♻

### Fresh Bee Pollen

450 gram sample pack \$11.95  
incl p&p.

1.9 kilo pack \$39.95 incl p&p.

Larger amounts @ \$15 kilo + p&p.



Mrs N Tobin,  
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# Let There Be (Less) Light!

by Pamela Odijk, Bribie Island, Qld.  
Photo by Herman Odijk.

After a full century of outdoor electric lighting, we are now discovering the damage we are causing to ourselves and to other creatures on this planet. It is yet another world pollution problem – light pollution.

Astronomers have known about this for years. Because of the glare from artificial lighting in towns and cities 50 percent of people in Europe and 80 percent of those in the US can't even see the Milky Way. Dr Pierantonio Cinzano from the University of Padua, Italy, maintains that by 2025 Italians won't be able to see it at all! Australian astronomers are a little luckier with their view of the heavens. Scientists hope that their new first world atlas of light pollution will help their campaign to influence authorities to cut down on glare from artificial lighting in towns and cities.

## HUMAN HEALTH AND SAFETY

It is not only our inability to see the heavens that is the problem. This excess of artificial light is having a detrimental effect on our lives in other ways. Not only does glare contribute to traffic accidents on land, it is also thought to impair the recognition of markers by people navigating boats and aeroplanes.

Street lights shine onto our properties, thereby reducing privacy, causing us stress, and hindering our sleep. There is a direct correlation between myopia (short-sightedness) and lights at night, and elderly citizens do find it harder to see with scattered light at night. Such lighting may also upset our melatonin levels while we sleep.

## EFFECT ON WILDLIFE

There have been many studies on the adverse effects of light pollution on various animals and birds, especially nocturnal animals, but more needs to be done. We know, however, that light pollution generally causes harm to our fellow creatures. The Fatal Light Awareness Program in Toronto found

that over 10,000 birds die each year by becoming disorientated by lit office towers. They often circle them until they either crash into them or drop from exhaustion.

At a sea turtle nesting beach in Boco Raton, Florida, it was discovered that in illuminated beach areas hatchlings crawled towards lights behind the beach rather than towards the ocean and safety. Consequently, they recommended that beach-front lighting should be eliminated near urban rookeries. Other sea turtles in the Mediterranean, and migratory birds that fly at night, are disturbed in their reproductive and migratory habits by the excess light being given off by lit towns and cities.

That the ability of frogs to detect, and subsequently consume, prey is reduced under all enhanced-light conditions, was established by another series of experiments. Fish that normally feed at night have their lives disturbed by artificial light. Moths and the bats that feed on

them are similarly disturbed. Street lamps do provide important habitats for several bat species because the lights attract insects, including moths. While this might be good for the bats, provided they don't become road kills, it isn't so good for various moth species as it was found that bats foraging around street lights catch large numbers of male moths. The Scandinavian scientists who studied these bats advocated that sodium lamps, which do not attract insects to the same extent, replace the mercury vapour lights currently used.

We can't say we didn't suspect all this. Many farmers have been forcing their hens to lay more frequently by subjecting them to artificial lighting. Cruel to say the least!

## EXCESSIVE LIGHTING – EXCESSIVE COST

Most people are unaware of how expensive it is for a town or city to light its streets. The electricity companies who light our streets make heaps



Nocturnal native birds and animals, including brush-tail possums like those pictured, are bothered by light pollution.

of money out of us, the taxpayers. A city with, say, 3500 street lights will spend almost a million dollars each year just to keep the streets lit all night long. In the interests of economy alone, it makes sense to turn some of them off. As for the safety factor, it was discovered that when this was done in America neither crime nor traffic-accident rates increased. In fact, both rates sometimes dropped when the glary lights were turned off.

We have too many unnecessary outdoor lights burning, whether they are streetlights, highway lighting, those lighting roadside businesses, office blocks, roadside advertising, industrial areas or domestic premises. In many cases street lights are unnecessary (except at crossings and intersections), as clearer painted line markings and signage would do as well. Many security lights that stay on all night are not necessary for that length of time. They could be turned off earlier, or movement sensor lights might be a better option – and more economical. Do we need whole office blocks to be lit up like Christmas trees all night, long after the late night workers and cleaning staff have left?

Other kinds of lights we use could also be changed. Light that shines directly upwards is totally wasted and contributes to the brightening of the night sky. Sky glow is caused by the scattering of artificial light by water droplets and dust in the air, thus we can see less of our view of the dark night sky – the main problem for astronomers. One simple solution to this is fully shielded outdoor lighting, which points the light down, not out and upward. Unshielded lights waste an enormous amount of energy and money, and they are, as the scientists conclude, 'a huge blemish on the record of society and technology'. Fully shielded lights put all the light where it is needed – on the ground below. Because of this, lower wattage bulbs could be used – another taxpayer saving. We should, we are told, be using low- and high-pressure sodium and metal-halide lamps with wattages of 50 or less, even for street lights. 'There is a movement nowadays away from the older mercury and incandescent outdoor lamps to metal-halide, sodium, and sometimes even



fluorescent, lamps, these newer lamps being all much more energy efficient than the older mercury and incandescent lights.' By taking out a 150-watt mercury lamp and replacing it with a 35- or 50-watt sodium lamp, the same amount of light is achieved, with a substantially reduced cost.

#### ACTION

Other countries are making moves to reduce light pollution, these include Japan, Spain, Gozo Island (north of Malta), Chile, the state of Arizona, and the city of Calgary in Canada. South Africa is particularly concerned and the government is in the process of implementing a draft standard of proposed legislation on light pollution. Australian scientists are aware of the problems of light pollution, but because of our comparatively smaller population, the problem is perceived by our politicians and authorities (who want to sell electricity) as minor.

Why wait until the problem worsens? Lobbying local members of parliament, appropriate ministers, departments of planning and environment, and local councils seems like a good place to start. In our own backyards unnecessary outdoor lighting should be reduced to a level consistent with safety and security, or switched off. ♣

The Exhibition Buildings in Melbourne make an impressive display when lit up at night, but is it necessary and what effects is display lighting such as this having on the environment?



#### WINDOW ENERGY RATING

Australian windows are now rated according to a new energy rating system and carry a label to this effect to help reduce Australia's greenhouse gas emissions. The windows' cooling and heating performance will be rated separately on a scale of 0 to 5 stars. Energy efficient windows are a great way to help keep the home comfortable and dramatically reduce energy costs, with up to 40 percent of the energy used to heat or cool an average house being lost through windows. ♣

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# The Path Of The Heart

by Jan Farrar, Kilkivan, Qld.

How I love the *Grass Roots* publication! I enjoyed it during my 'hard yakka' years of city living when I dreamed of attaining those few acres of country heaven and would eagerly buy each new copy. The many terrific and informative articles kept my little flickering dream alive. Oh! . . . how I envied those who had already made the quantum leap and courageously moved towards a more self-sufficient lifestyle. I wanted to be there too! Deep down I knew I had to get out of the city/suburban rat race I was locked into or else forever exist in an unhappy lifestyle that allowed no room for freedom or change.

My chance came in 1994 when an English relative, my godmother Dorothy Nutton, died and left me half her worldly goods. God bless her dear, departed soul! I bought a little piece of rural heaven in Kilkivan, south-east Queensland, situated some 52 kilometres west of Gympie on the highway to Kingaroy. It's a truly lovely little town, home to the now famous annual event known as the Great Kilkivan Horse Ride. On a Saturday in April the main street is packed with up to one thousand horses and riders who have all journeyed in from three or four starting points about 30 kilometres out of town. Even if you are not a horsey person, the sight of this event can raise goosebumps, as attested by four Sydney friends who visited me two years ago and witnessed the Ride!

My life here is perfect, although the early days were very hard. What I had bought was a very solid ex-Forestry Commission house on stumps, virtually plonked down in an old paddock. The soil was terrible and each time I mowed the scanty paddock grass, the blades kept turning up shards of old glass. I later learnt that the site had once been a dump. Add to that the fact that I arrived at the tail end of a seven-year drought and you can imagine the heart-breaking battle I had as I valiantly attempted to turn the place of my dreams into a fertile Eden.

I arrived in January 1996. That first hot summer I lived in a swimsuit and

kept the bathtub half-filled with cold water so I could dip myself into it. At night I cried myself to sleep wondering why in God's name I had ever moved away from Sydney and if I had what it took to make a go of things in what seemed to be such a hostile environment. I was in my late 40s and alone. My Sydney friends had said it was a brave move. I never realised just how brave, or even perhaps foolhardy, but no matter how bad things got I knew I was not going to give up.

Today, five years later, I can have my breakfast on the back deck and look over a lawn that was once waist-high paddock grass. To the left of that is a neatly established vegetable garden built from compost, soil and my neighbour's spare worm castings. Below that is a small orchard devoted to the more exotic varieties such as various guava, jaboticaba, carambola, sapote, pomegranate, lychee and longan trees and shrubs as well as the usual citrus and a pair of thriving mango trees.

I have built a three-bay compost area and try to observe all the rules. I've been rewarded by rich spadefuls of fabulous moist earth thanks to my chooks, my neighbour's cows and a truckload of feedlot manure. As for chooks, I have a large netted area plus a solid hen house and 14 healthy hens of various pedigrees plus a rooster. I have always loved chooks so they were a must-have when I came here. In time I want to get involved in the more serious affair of exhibition breeding as a chook fancier and would like to try and rescue and breed up some rare varieties.

Do I love this life? You bet! I am my own mistress here at 'Possum's Pocket'. After years of having to leap out of bed at the sound of an alarm clock to go work in some dreary office eight hours a day, five days a week . . . I'm free! Sure I work hard here, fixing fences and rebuilding chook sheds, but there's no comparison because I am working for myself, doing work I want to do. Okay, so money is scarce. I am not being paid by any employer per

hour, but what is more important here? I enjoy what I have to do and I have learnt to survive on less money. The enjoyment I now get out of life far outweighs a hefty bank balance. My dream has become reality and I truly love my life!

So, to those of you reading *Grass Roots* and wishing to attain your own goals – hold fast to the dream! It's not easy, but then life never is, is it? You alone can make the choice to either labour on *ad infinitum* in some safe city job, or to let go your grip on alleged security and make that flight into another lifestyle. Sure it's frightening, but if you persist the rewards can be fabulous!

It worked for me, a lone female now aged 51. I totally abandoned my safe lifestyle as a medical secretary, living in the posh, silvertail suburbs of Sydney's Northern Beaches. I came to a small Queensland town not knowing anyone, feeling totally out of my element. I made friends, I survived and I adapted. Would I be anywhere else now, even after a recent trip back to Sydney? No way! Much as it was nice to catch up with old friends, I couldn't wait to get back to my little patch and the next morning, having breakfast on my back deck while gazing out over the misted ranges, breathed a huge sigh of sheer relief.

If that is the lifestyle you truly wish for, then get cracking and go for it. We humans have the capacity to make anything happen once we get over all the negativity that affects us throughout life and all those inner thoughts that say: 'No you can't?' Yes you can! If you have a Dream then hang onto it and make it happen. If I can do it, then so can anyone. I wish you all the best of luck as you take that first rocky step along the path of the Heart as opposed to that smooth, soulless elevator ride towards Convenience. ☘

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

*It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult.*

★ Seneca

# Decorated Denim Jacket

by Pamela Davey, Cooktown, Qld.

You can make your denim jacket into a unique, personalised work of art. If you don't already own one, they can often be bought for a very reasonable price from op shops. No sewing skills are required.

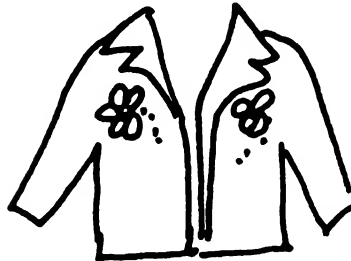
## MATERIALS

- denim jacket
- iron-on applique sheet,  $\frac{1}{2}$  to 1 m
- $\frac{1}{2}$  m fabric (cotton) with definite motifs – flowers, animals, Aboriginal designs
- bottles of gold, silver, bronze, or toning glitter fabric writer, 'Scribbles' or 'Polymark' dimensional fabric pens
- studs, conchos, beads, sequins, ribbons, lace, fringing

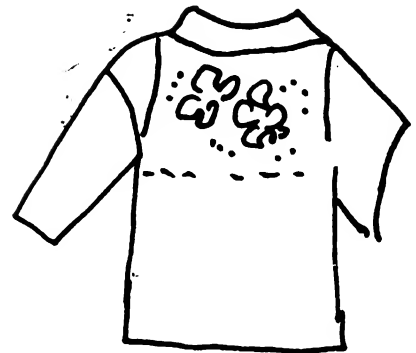
You can even have your own photos of pets, babies etc transferred by laser to cotton fabric, and use this picture to applique.

Wash fabric first. Then cut out motifs and iron applique paper to backs. Place motif on jacket yoke and arrange one or several, overlapping if necessary, to fit. Iron firmly in place. Outline raw edges of motifs with gold or silver dimensional paint, adding extra embellishments: dots, lines, spirals, wherever needed. You can include names, or embed gold or silver beads in the paint. Silver studs can be added, sequins or lace to edge the motif or photo, but all edges must be sealed down with the paint. Make sure the surface you work on is level. Tone your glitter or dimensional markers to match the overall colour scheme. Silver or gold dots with the pen can fill

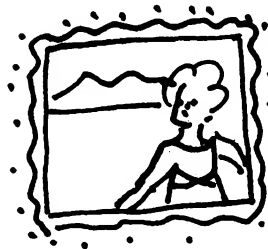
## Decorated Denim Ideas



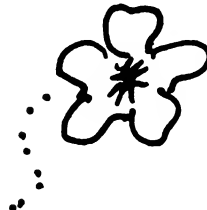
front



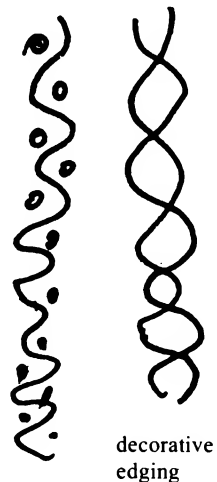
back



For photo applique seal edges securely with a decorative design.



Seal all motif edges with glitter pen. Add glitter dots or embed small beads in glitter paint.



decorative edging

in odd spaces. The front yokes can be decorated with a smaller motif in a matching theme.

Leave to set, and take care when washing. Stand back and wait for compliments wherever you wear your own personalised jacket. ♡

## HOMEMADE WASHING POWDER

by Nancye Carroll, Ararat, Vic.

- 2 bars pure soap or soap scraps
- $\frac{1}{2}$  cup washing soda
- 4 cups hot water

Grate soap into large saucepan with 3 cups hot water, melt on medium heat, stir until dissolved. Add 1 cup hot water to washing soda, add this to soap, mixing well. Pour into sealed bucket and fill

bucket with warm water, stirring well. This sets to a firm gel. Use 1 teaspoonful to wash dishes. Dissolve  $\frac{1}{2}$  cup in hot water, add to washing machine for clean clothes. Use a dash of vinegar in final rinse for soft clothes. A small amount on your cleaning rag rubbed on bath and toilet leaves them sparkling clean. ♡

## CONSTIPATED? TIRED? LOW ENERGY?

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# Floating Gardens

by Dorothy Creevey, Old Bonalbo, NSW.

Roberino's letter in GR 144 about evaporation from dams has inspired me to write of our experience in reducing evaporation in dams, and at the same time creating extra income. In our case, our son has a nursery, 'Gotcha Plants' at Eumundi Queensland, specialising in carnivorous plants, which, as most people know, are bog plants and so need a constant supply of water. To provide this need, save energy (human and other) and watering, and to free up valuable land space, we both have floating gardens on our dams.

In figure 1 the carnivorous plant floating islands look attractive as they float around the dam. A circle of 32-millimetre polypipe contains the styrofoam boxes. These poly circles can float free or be anchored. When floating free the seed from dam-side grasses falls into the boxes and can create a weed problem. Anchoring in the middle by ropes tied to both banks has the added advantage that we are able to tow them to the bank for maintenance. John also uses squares of joined PVC pipe to contain the boxes.

Although both these methods work quite well, extra strong winds or ducks attempting to climb on them can at times overturn the odd box. The idea might be improved upon by tying a base of something like weed mat or shadecloth onto the frame to create a raft below the surface to support the boxes. The number of floating islands on our dams varies with stock on hand, but dams can be completely covered as in figure 2.

We have stocked our dams with fish and think the floating islands provide them with shelter and extra food. Although I haven't tried it, I would think that if the boxes or poly were painted yellow, they would also attract extra insect food for both plants and fish.

A dam with a high nutrient content wouldn't be suitable for carnivorous plants, but might be suitable for many other species. Some people like to add lime or copper sulphate to their dams for various reasons, and in this case you



Figure 1, Above: Carnivorous plant floating islands contained by a ring of polypipe.

Figure 2, Below: Floating boxes fill this small, covered dam.



would need to consider the effect on any plants you have.

In figure 2 the styrofoam boxes float free and actually fill this small dam. The dam is completely covered by a plastic igloo. The covering is necessary for rain and wind protection of market-

ready plants. The pitcher plants not only are a saleable potted plant, but also can be pruned of their pitcher leaves and flowers before winter dormancy for the floral market. They are very attractive and long lasting in exotic arrangements.

Although we concentrate on carnivorous plants, I am sure there are many other water-loving plants that would be worth trying. Some I have considered experimenting with are:

- vegetables such as arrowhead, Chinese waterchestnut, kang kong, Tahitian spinach;
- herbs such as: Lebanese cress, Vietnamese mint, watercress;
- grains such as wild rice.

With some of these I think the differing weight of potting mixes could make it necessary to utilise the bottom supporting raft idea.

Some of the carpeting aquatics should also reduce evaporation. When conditions are right our dams become covered with azolla and duckweed. These useful plants can be raked up and either fed to animals and poultry (ducks thrive on them), or used as mulch on gardens or surrounding pond plants. Azolla has a very high nitrogen content and so is an excellent fertiliser.

Shrubby around dams will also help because it shades and moderates windflow, but there are some things to bear in mind before starting to plant on, in, or near dams.

#### CAUTIONS

- Be very careful of your plant choices as our waterways have enough environmental weeds already. A piece of plant or seed can easily escape in wet seasons.

- Many parasites and pathogens (disease-causing organisms) live part of their life cycle in water, so make sure that you obtain healthy disease-free plant stock.

- Don't put too many deciduous trees around the dam; large amounts of organic matter falling into water-

ways will quickly pollute the system and all living things will die from a lack of oxygen.

- Trees and larger shrubs (especially water-loving ones) must never be planted on or near the dam wall itself. If blown over in a strong wind, they will breach the wall, allowing moving water to split it. The more water-loving

species will sink their roots through the clay and eventually create a pipeline for seepage which could ultimately turn into even more serious damage.

- Some trees such as the willow may use as much water as they save from evaporation.

- Don't plant tall trees on the water-birds' flightpath into a dam.



Figure 3, Above: A terrace being constructed for the planting of tropical and subtropical fruits.

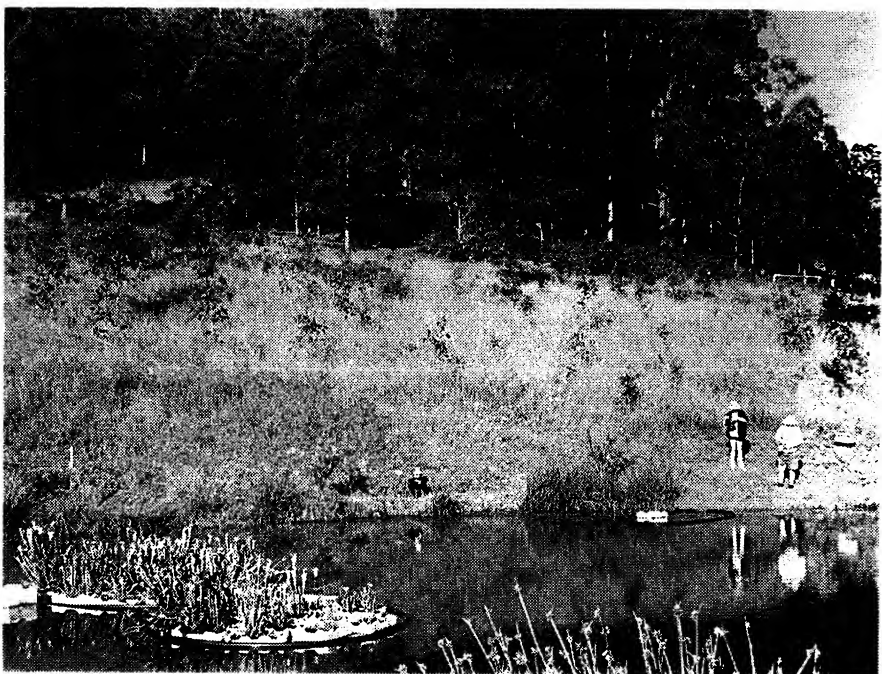


Figure 4: Recreational fishing is yet another use for a dam.

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- Leave accesses to water for maintenance or emergency vehicles such as firetrucks.

- Choose plants suitable for the variable conditions: for example wet, dry, high nutrient, root spread, strong winds, and fire-resistant plants for the side bushfires could be expected to come from.

## MULTIPLE USES

In true permaculture style, give some thought to multiple use of any plants you choose, even though the first priority might be for reducing evaporation.

- Do you want human and/or animal food plants?

- Do you wish to earn an income from them?

- Are you looking for wildlife habitat?

- Do you want to provide fish food and habitat?

## AREAS TO PLANT

### Shallow Edges

- carnivorous and other saleable bog plants

- fish grazing plants

- edible root species such as taro, water lily, lotus, Chinese waterchestnuts

Some of these plants die down in winter so it would be wise to create underwater terraces of logs, or to mark individual plant locations with old tyres. We have used bundles of tyres tied together and submerged as hides for the fish because cormorants can be a problem. You should be aware though, that there is a danger of cadmium being released from tyres.

### Edges

Edges (not artificially formed banks) can be planted to shrubs that provide fish food, native bird habitat and bee forage. Some suitable plants would be bottlebrushes, mulberry etc. In figure 4 some small bottlebrushes can be seen at the water's edge if you look closely.

### Planted Terraces

Figure 3 shows a terrace being constructed on the north-facing side of one of our dams (a natural bank). My intention is to plant subtropical or tropical fruit trees here. We have very severe frosts and I am hoping that the plants will benefit from the stored heat from the water mass, and in future the light reflection from the water should assist



Figure 5: Tough grasses and reeds that can cope with wind-driven waves make good edge protection.

with fruit ripening. In dry or frosty seasons the humidity should also be helpful. Although I am short on rocks, I believe if they were also incorporated in the landscaping they would act as a heat sink as well.

### Windbreaks

Windbreaks will reduce evaporation from hot dry winds, but take heed of earlier cautions. Although a little difficult to see, figure 4 shows new plantings above this dam. The trees are planted on a hillside, not a dam wall. In this case they were planted for wind protection, to slow and filter water flowing into the dam, to use nutrients before they enter the dam as well as provide a future crop of hardwood timber for sale or farm use. Hardwoods were chosen for this site because it is in our zone four, but they could just as well have been fruit trees or any other kind of tree. Similar plantings have been made

below the dam wall and spillway, for all the same reasons, before the overflow water enters the creek.

### Edge Protection

In dams with a very large surface area, wind-driven wave action can be quite dramatic. Plants that can take a pounding could be planted at the water's edge. I have planted pitcher plants, lomandra lily, and tough indigenous grasses and reeds, see figure 5. These plants also make excellent frog and bird refuges.

### Seepage Areas

All overflows and dam walls should only be planted to a short, thick strong grass cover, but there is generally a wet area below most dams so why not take advantage of it and plant species that can utilise the extra moisture? Some plants that may be able to cope with these conditions are bamboo, bananas, and blueberries. ♪



## ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.



### FLEXITUBS

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**For more information contact: Flexitubs, PO Box 1220, Mount Macedon 3441, ph: 0414-517-000, or email: flexitubs@yahoo.com.au**

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Melrose has come up with a table spread that is a good alternative to butter and margarine. OmegaCare is made from canola, flaxseed and olive oils. The spread is not made using hydrogenation, trans fats, interesterified fats, GMOs, dairy or heat treatments, as are many margarines on the market. It contains only eight percent saturated fat, plus the correct balance of Omega-3 and Omega-6 fatty acids that our bodies require, whereas our consumption of polyunsaturated fats often results in a higher ratio of Omega-6. Omega-3 fatty acids produce anti-inflammatory prostaglandins, which can help those with arthritis; and they disperse platelet aggregates in the blood, thus reducing the risk of cardiovascular disease. The spread is soft and can be used for baking, but not frying.

OmegaCare is available at supermarkets.

**For more information contact: Melrose Laboratories, 4 Redland Drive, Mitcham 3132, ph: 03-9874-7800, or visit: [www.melrosehealth.com.au](http://www.melrosehealth.com.au)**

### WOUNDCARE 18+

Honey is known to be a great healer and a new first-aid cream containing manuka honey is now available. The honey for this New Zealand product is sourced from remote, pollution-free native forests and comes in a handy 60-gram tube. Studies have found that manuka honey can kill strains of *Staphylococcus aureus* and *Pseudomonas* infections; in fact, the honey has been effective against seven major bacteria found in wounds. Honey draws serum from the body to the wound, helping to increase tissue growth. It also contains glucose which helps white blood cells fight bacteria, and its acidity stimulates healing. Woundcare 18+ can be used in a dressing to provide a moist, bacteria-free environment that will reduce scarring, and acts as a barrier to prevent the dressing from sticking to the wound. Woundcare 18+ is available at good pharmacies.

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**For more information contact Bayer Australia, 875 Pacific Hwy, Pymble 2073, ph: 1800-039-076, or visit their website at: [www.bayer.com.au](http://www.bayer.com.au) and follow the prompts for healthcare, then consumer care.**

### HONDA F220 TILLER

Honda's new F220 tiller has been developed with a major focus on reducing environmental impact, and many more improvements have been made compared to its predecessor, the F210. The F220 has significantly reduced fuel emissions, in line with most countries now having strict exhaust gas regulations. It is powered by a low noise, low vibration engine, the Honda GXV57; and fuel efficiency has been improved by nearly 30 percent and oil consumption by at least 50 percent. Traditional Honda easy starting is enhanced by the low-load recoil starter which is close to 30 percent lighter than the F210, and the recoil starter, choke and fuel tap are located together for operator convenience. This model is characterised by its small size, ease of operation and light weight.

**For more information contact: Honda, Private Bag 19, Somerton 3062, ph: 03-9270-1111, or visit their website at: [www.hondampe.com.au](http://www.hondampe.com.au)**



## RECENT RELEASES

Titles described can be ordered through your nearest bookstore.

### ALL ABOUT APPLES

**Allen Gilbert**

'An apple a day' goes the old adage, and here you will find ways to ensure you get your daily dose with a healthy, chemical-free apple harvest. Discover suitable varieties for small spaces that provide ten varieties on one tree, or how to run an orchard. There's advice on suitability for climate and soil, and pests and diseases. Descriptions of heritage and modern apple cultivars are thorough, and there's plenty of information on caring for and pruning your apple trees – and even the odd apple recipe.

**P/b, 144pp, Hyland House, PO Box 122, Flemington 3031. Ph: 03-9376-4461. RRP \$29.95.**

### THE GAWLER FOUNDATION COOKBOOK

**A Recipe for Life**

**Dorothy Edgelow**

The Gawler Foundation has received numerous requests over the years for details about the recipes used in its work with cancer. This publication signals an end to the photocopied sheets that were the standard response to such requests. There are over 100 healthy vegetarian recipes, together with a 28-day menu, advice on shopping, cooking techniques, facts about food storage, and the principles behind the Foundation's approach to nutrition and healing. There are some moving reflections at the end of the book to help quieten the mind.

**P/b, 173pp, Hill of Content, 86 Bourke St, Melbourne 3000. Ph: 03-9662-2282. RRP \$29.95.**

### YOGA FOR BODY, MIND, BREATH AND BABY

**Kathryn Riding**

Pregnancy is a time to be calm and an opportunity to tune in to our bodies. Yoga can help here with strengthening and breathing exercises, both of which are great to help prepare for birth and ensure a relaxed, positive pregnancy. This is a practical guide to a range of safe poses, providing simple steps with photos and illustrations. The author has been practising yoga for 20 years, teaching for 10, and has first-hand experience of carrying a 'yoga baby'. She is a graduate of the Sydney Yoga Centre and has studied yoga at various schools in India.

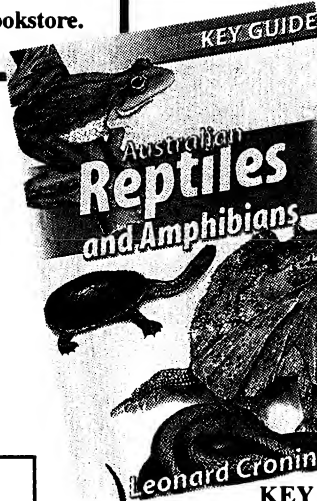
**P/b, 128pp, ABC Books, GPO Box 9994, Sydney 2001. Ph: 02-9950-3982. RRP \$27.95.**

### AUSTRALIAN RAINFOREST PLANTS, V

**Nan & Hugh Nicholson**

Clear colour photographs and extensive information on 114 rainforest plants from the seasonally dry Kimberley region of Western Australia to the cool, wet Tasmanian forests are contained in the fifth volume of this handy reference series. Plants include trees, shrubs, ferns, vines and orchids, and, when combined with the first four volumes, bring the total number of plants to have been described and illustrated to over 530 species. The Nicholsons donate 10 percent of the income from the sale of their books to support conservation and human rights issues.

**P/b, 73pp, Terania Rainforest Publishing, Terania Creek Rd, The Channon 2480. Ph: 02-6688-6204. RRP: \$16.95.**



### KEY GUIDE SERIES

**Australian Reptiles and Amphibians**

**Leonard Cronin**

This is the sixth title in the successful Key Guide series that started in 1986 with *Australian Wildflowers*. This volume covers frogs, crocodiles, turtles, dragons, monitors, skinks, geckos, legless lizards and snakes. The high standard of colour illustrations and clear informative text, containing details such as behaviour, size, habitat and diet, make this accessible to all ages. Easy identification, with habitat maps for each entry, plus a useful visual key at the beginning also feature.

**P/b, 224pp, Envirobook 38 Rose St, Armadale 3038. Ph: 02-9518-6154. RRP 35.00.**

### THE ORIGINS OF FRUIT & VEGETABLES

**Jonathan Roberts**

Did you know that Noah was not the first man to get drunk, as the scriptures would have us believe? This fascinating book outlines the background of numerous fruits and vegetables, and covers the world in the process. It is essentially a solid historical text and is accompanied by captivating old prints and artworks from around the globe illustrating the fruit or vegetable being discussed. The colourful and diverse images work well with masses of unusual information that is just ripe for the picking!

**P/b, 228pp, HarperCollins, 25 Ryde Rd, Pymble 2073. Ph: 02-9952-5013. RRP 29.95.**

### THE HOUSE THAT JACKIE BUILT

**Jackie French**

In the interests of accuracy, the title of this book should include a mention of friends and husband(s) as their valuable contribution and expertise were instrumental to the end result. Starting off with just \$2000, Jackie French now has a beautiful cottage that ties in with the environment. This guide is both practical and personal. She shares the stone-working skills she taught herself, and her husband Bryan provides helpful illustrations. Cutting stones, foundations, choices of rock, finishing, mixing concrete and mortar all feature. There are tips on how to move large rocks, and how to build all sorts of other stone-work in the house and garden.

**P/b, 80pp, Earth Garden, PO Box 2, Trentham 3458. Ph: 03-5424-1819. RRP \$16.95.**





'Struth lady,' the caller commented, looking around wildly, 'whataya gunna do with all them chickens?'. He'd stopped to clarify directions to a neighbour's farm and suddenly found himself surrounded by hungry hens and chickens. The phrasing of the question should have been what was I doing with chickens, not what I'd do with them in the future, as haven't I written many times now that poultry numbers are being reduced. The problem lies with the farm crossbreds, they're so good at sneaking off and hiding their eggs that I don't detect their absence until they reappear with a dozen chicks. When a couple of such broodies get together you could mistakenly think the place was crawling with chickens. To add to all the clucking and cheep-cheeping I'm boarding a little hen and chicks from Suni's place – not that I need any more beaks to feed!

Suni and Marcel had been keeping an eye on a determined little bantam hen for several weeks, having discovered her on eggs in an old flowerpot. She bravely ignored the close scrutiny, blinking nervously but neither pecking nor uttering a single chirp. The pot, half full with soil, was in a pile of discarded containers on a table in the back shed. It was a wonderful surprise to discover the eggs had hatched this week, and I couldn't say who was proudest, the little hen or Suni. They both agreed the chicks were the sweetest, smartest ever produced. Because a fox made short work of a couple of the hens at the start of summer it was imperative these didn't meet the same fate. So I offered to 'reput' them in a spare shed at my place. They travelled in the pot, a most comical sight, and are nervously observing all the geese and turkeys and guinea fowl that peer into their new house. I often comment that chooks will break your heart because it's invariably the favourite that gets sick or is taken by a fox. This little family is being well cared for so no mishaps occur.

Not so lucky were purebred Faverolles chicks that hatched last week. The hot weather, close proximity of chicks from a previous hatch, or perhaps a scare from a predatory crow



One of the Naked Neck hens.

or even lizard upset the normally reliable hen, and when I opened the door to deliver breakfast there were eggs everywhere and a couple of lifeless little bodies. One of the eggs was cheep-cheeping so I hastily gathered it up, plus the dead chicks, and took the eggs to another broody that was sitting. There was a faint appearance of life in one of the cold chicks but I decided it would be better for nature to take its course as the chilling would probably have damaged the brain and organs. By the time I'd finished all the feeding and watering in the hot morning sun I was exhausted, and, time having run out, the dead chicks were tipped into a bucket to wait for disposal that night. You can probably anticipate where this story is heading – of course there was sudden indignant cheeping, the fellow I'd thought wouldn't make it having benefited from the time in the feed barrow in the sun. I popped him under a nearby setting hen, still doubtful about his chances of recovery.

That night when all the jobs had been done and the geese locked up safely I looked in on the broody hen to check the

state of the chick. Would you believe it had not only pulled through but was a perky ball of fluff, and the hen, a real sweetie, was pleased as punch with her efforts. While there, I detected an intermittent cheep-cheep from nearby. Had another hen hatched chicks nearby and one strayed away? I walked into the feed shed and stood, listening. One of the 'dead' chicks in the bucket had revived over the hot day and was calling for its mother. It too went under the nearby hen and as she was proving to be such a successful foster hen I went and retrieved the fertile egg from the morning, which was still emitting hopeful chirping sounds. It had hatched by morning. As well, I added an abandoned chick I found that was miserable and limping but would be fine with a patient quiet mother hen. I've called the wonder chook Gentle Greta and although the adopted brood have been slow getting going they all look as though they will survive. Greta assumes they were all her own work – after all, she'd been sitting there for a couple of weeks. In reality, I'd taken out Greta's eggs to make room for the chicks, discovering in fact they were turkey eggs and relocating them under a broody turkey. All I can say is thank goodness poultry keepers aren't required to adhere to the pedigree system cattle and sheep breeders follow. I'd never be able to keep track of everything.

Despite chicks reviving in the warm sun we haven't had much in the way of summer yet. The heat waves are waiting till school goes back. But it's dry, absolutely tinder dry, and the paddocks and roadsides are thick with dried grasses. For the first summer for a long time, I've had to buy in stock water, the dam being so low the pump stopped working. The purchased water is clean, a change from the final weeks of dam water which was full of sediment and quickly developed an off smell when left in water containers overnight. There is little chance of the dam filling up till later in the year, if we receive heavy rain, so I can anticipate spending a few dollars on bought-in water. Right now I'd settle for a shower to settle the dust and revive drooping shrubs.

I'm lucky the garden is in town – there are no worries about shortages of water there. The old papers and cardboard I put down under mulch last year have been irresistible to the blackbirds and each time I visit there seems more mulch and paper on paths than on the garden. I've got a big bale of lucerne to mulch with this time and it doesn't break up as easily as pea straw, so hopefully it will foil the birds' inquisitive scratching. It cuts down on watering considerably, thank goodness, as it's hard to get over there at times, what with working late or having to attend to poultry needs. Occasionally, when I get there just on dusk some of the flowers have already been watered. A good fairy has materialised and spends time watering for me – a gesture I am grateful for. There have been times too when the front verge has been mysteriously mowed, the thoughtful work of another neighbour. I hope in time I'll be able to do a favour or two for those kind people and return the goodwill.

I do help out with the watering at Suni's when commitments prevent her – or Marcel – putting time in. I swear each time I visit there is more to do;

and over the Christmas break half of the backyard garden in Melbourne must have been moved up. As well, just before Christmas we visited a wonderful nursery with unusual cottage plants and herbs that had 'buy me' stamped all over them, and we did, though somehow I was the one paying. We both overlooked the fact it was an inconvenient time of year to have to harden up and transplant small shrubs and that they would need lots of TLC to get established. Definitely no more visits to nurseries until the cooler months.

I'm relying on Suni to provide the vegetables this summer and her garden plots are looking promising. The zucchinis have been a resounding success, it's not even mid January and already we've eaten our fill. I observe in her the cunning of a gardener with a serious surplus – you daren't say you've used last week's supply of zucchini or more will be foisted upon you. She's admitted to taking supermarket bags of them to parties where everyone is powerless to say no, and is even giving out recipes of zucchini soup. I shudder to think what will happen when the tomatoes and pumpkin are ripe!

I look at her, all red faced and

sweaty as she slaves in the garden, or listen to her concerns about the ban-tams or the beloved cat and wonder where the wild night-clubbing girl has gone. Honest, I wouldn't have tossed and turned and worried about her welfare if I'd known she would turn out like this. Perhaps I should have listened to my own mother's advice after all. ♡

## PENPALS

Hi, my name is Emma, I'm 8 years old and I would like a penpal between 7 and 10. My favourite sports are running and high jump. I like singing, dancing, drawing, painting and animals and I love getting letters and writing letters. I have lots of animals: 2 dogs, 1 kitten, a duck, 13 ducklings, 6 chooks, 1 rooster, a goldfish and a rabbit. I hope you write back.

**Emma Lee (GR149)**

**171 Little Forest Rd, MILTON 2538.**

Hellooo, out there. I am a 22-year-old mum/domestic engineer. I live in the burbs (for now) and I love to potter in my garden, in a book, in cooking, and whatever craft project I am working on at the moment.

**Sarah Coull (GR149)**

**46 Mackenzie Blvd, SEVEN HILLS 2147.**



Suni's flowerpot chicks are tiny and very sweet, one little blue fellow and the rest black.

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# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 85 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 150 is 28th February, 2002.** Please do not fax ads.

Sender's Name ..... For issues no/s .....  
 Address ..... Classification .....  
 ..... Postcode ..... Cost .....

**Cost for advertisements is 85c per word**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**BARRABA, NEAR TAMWORTH**, 2 houses on 1 ac with river at rear boundary. Live in one and rent the other; 4 b/r house & 3 b/r cottage, separate titles, on edge of town, with all facilities & services. Both houses, freshly painted, are furnished, with gas heating & air conditioning, town & tank water. Lovely gardens & shade trees. \$86,000 ONO. Ph: 02-6782-1957.

**COPMАНHURST, NEAR GRAFTON**, 40 ha, mostly timbered, with 300 m frontage to Whiteman Creek & perm waterhole. Good road access & ph avail, elec approx 4 km away, 3 km from school buses, high & primary. Fertile crk flats & good trees ready for milling. Small, half-finished, 2-storey cottage with spiral staircase nestled in amongst native forest. Native fauna & birds abundant. \$60,000 ONO. Ph: 02-6647-3556.

**STOCKINBINGAL**, Cootamundra 20 km, 2 b/r home & granny flat on 6 level tree-studded ac, elec, ph & water connected, good sheds & fences. \$125,000. Contact owner: 02-6943-1488.

**COASTAL LANDSHARING**, 80 sites, 1.2 ac approx each, in lge semi-wilderness property, 1640 ac, 3 km from ocean, beach access through nat pk, 20 km nth of Port Macquarie, river 2 km away, last chance with 12 sites left. Cost \$7000 per share. No cats/dogs. Ph: 02-6566-0087, 02-6653-4601.

Website: [www.goolawah.org](http://www.goolawah.org)

**CANDELO, NEAR MERIMBULA**, rural residential block, 840 sq m. Beautiful views. \$12,000 ONO. Ph: 02-6495-7663.

**INVERELL AREA**, 438 ac – 200 ac grazing, balance bush, well watered throughout. Solar powered, self-suff living quarters, numerous sheds. Established vegie garden & orchard. Abundant native wildlife. Small agricultural concern in natural surroundings. Building permit. \$130,000. Ph: 02-6725-1666.

**LYNCH'S CREEK VIA KYOGLE**, 5 beautiful ac, fantastic views, chocolate basalt soil, perm crk frontage, 2 gullies, choice of house sites, adjacent Border Ranges Nat Pk, 12 mins Sheepstation Crk, 2 hrs Brisbane. \$55,000. Ph: 02-6636-2265. Email: [avila@nor.com.au](mailto:avila@nor.com.au)

**BRIBBAREE, COTTAGE**, 2 – 3 b/rs, grocery store, joinery, furniture store, shedding, hay shed, hardware, lge vegie garden, 60 f/trees, 30 grape vines. Walk-in walk-out situation. Close to school, bowls club, pub. Suitable for family of carpenter, handyman, gardener. \$85,000. Ph: John, 02-6383-2375.

**BUY, LEASE, RENT**, 40 mins sth of Tamworth, 3 b/r house, 3 shopfronts + workshop (old bake-house). Highway frontage, primary school, high school 10 mins. Ideal craft, café, consignment selling, old wares – use your imagination! Purchase price \$50,000 ONO. Ph: 02-6577-5518. Email: [jpcy@cnn.net.au](mailto:jpcy@cnn.net.au)

**FERNBROOK**, r/forest home on 1/2 share estab MO, 2-storey timber house with new HW system, mains, ph, water. Elevated & private, excel access. Plus 1/2 share fertile paddock. Dorrigo 15 mins. \$52,500. Ph: 02-6653-8266.

**NORTH NSW, DORRIGO**, cabin, 25 ac, crk, r/forest, f/trees. \$65,000. Ph: 0408-113-596, 0418-639-016.

**FAR SOUTH COAST**, 1/2 share of 120 ac at Mt Darragh, 45 mins to Pambula beach. Beautiful bush with 2 x 20 ac clearings. Livable shed with crk nearby. Very nice property. \$32,000. Ph: 03-5476-2238.

**DUNOON** (Lismore 21 km), 5 ac, red soil, gentle slope, organic veg, nuts & 28 varieties of fruit, native trees, grass. Three b/r house, lge verandah, c/port, solar HWS, woodheater, sheds. \$199,000. Ph: 02-6689-5035.

### QUEENSLAND

**CARDWELL NORTH QUEENSLAND**: 3 b/r cottage, ideal for craft/coffee shop, council approved for units. Situated on the highway in town & one street from the beach. Renovator's dream, solid old timber style, landscaped gardens. Priced to sell – \$80,000. Ph: 03-5687-1202 anytime.

**GIN GIN AREA**, 40 ac, forest, mango trees, dam, vendor finance. \$37,000. Ph: 08-8355-6750.

**WIDE BAY AREA**, 540 ac f/hold in secluded area away from traffic, 4 b/r home, yards, sheds, some pasture, selectively cleared, run 70 breeders, 9 dams, no water problem. Also, 4500 ac lease, run 123 head, cattle yards, perm water. Central to saleyards & meat works. 50 km from Maryborough. has loads of potential. Picturesque rocks & mountains & historic sites in area. Priced to sell at \$295,000 ONO. Ph: 07-4129-9296.

# GRASSIFIEDS

## PROPERTY FOR SALE

### QUEENSLAND

#### COOKTOWN – AMBIENCE PAR EXCELLENCE!

Beautiful timber open-plan gallery/residence. French doors to verandah & random slate courtyard. Ochre rendered masonry block & slate-floored kitchen & bath-house. Small sleeping areas & lge loft. Separate 120 sq m rendered block workshop with skylight, darkroom, 3-phase power & rollerdoor. Galvanised iron-framed 108 sq m greenhouse set well in landscape. Historic well. Large allotment (3330 sq m). Granite outcrops, mature trees, fruiting palms, abundant wildlife. Central but private, 4 mins walk to shops, Endeavour River, harbour, 10 mins walk through botanical gardens to beach. Ideal home-based business with courtyard catering (STCA). \$275,000. Ph: 03-9752-5016, or 0408-738-068. Email: bboucher@labyrinth.net.au for photos.

**NATURAL THERAPIST'S RETREAT** on 12 wooded ac near Cunningham's Gap. Hilltop position with beautiful views of mtns. Large 3 b/r solar powered house with solar equipped bore producing excel drinking quality water. Nature Loo composting toilet, garage/workshop attached to house, walk-in pantry with 12V freezer, gas refrigerator. Modern kitchen with gas & s/c/stove, solar hot water, f/trees, stone dome steambath, outdoor kitchen, toilet & camping area. Environmentally responsible property. Owner wishes to retire. \$120,000. Ph: 07-4666-1150, not Saturdays.

**STANWELL, QLD:** Quiet retreat situated 30 mins from Rockhampton. Spacious home on 40 ac nestled on side of mountain overlooking plains & valleys with sea breezes. Has 3-bay lock-up garage, 2 bores, landscaped entertaining area with deck & pool, plus much more. \$120,000. Ph: 07-4934-5959, or email: sonya@rocknet.net.au

**FIFTY KILOMETRES NORTH OF TOOWOOMBA,** 3 b/r on 6 1/4 fully fenced ac, 5 mins shops, school. 18,000 gal tanks, solar HW, slate & cork floors (carpet in b/rs). Walk-in sauna, all b/rs b/i, fully insulated. Power, town water. Separate garage/laundry/rumpus/w/shop. Dam, yards, ramp, chook yard, sheds. On New England Hwy, backs to crk. Well treed. Organic minimum 19 years. Valued \$150,000, asking \$135,000, or trade for cheaper place in Tassie. Ph: 07-4698-1113.

Email: bernie2t@telstra.com

**SPECTACULAR SCENERY,** rural retreat, 209 ac of good grazing country, backing onto nat pk, abundance of wildlife, air cond 3 b/r ranch-style home. Large lock-up shed, 3 dams, 4 bores. Complete privacy. Situated midway between Gympie & Maryborough, close to Fraser Island, 2 1/2 hrs nth of Brisbane. \$265,000 bare. Ph: 07-4129-3170.

#### CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires.  
Call us on 03-5792-4000. ☎

DEADLINES: GR150 – FEBRUARY 28TH  
GR151 – APRIL 30TH

**TARA – CHINCHILLA,** 42 ac, 3 b/r low-set, guest house/granny flat. Organic vegie gardens, solar power & 240V + much more. \$85,000 ONO. Ph: 07-4665-3695.

**MALENY,** 15 ac of beautiful r/forest, 4 km out of town, 2 b/r Queenslander, perm running crk. Abundant wildlife, alternative school next door. Mob: 0409-619-574, or: ursulathiessen@hotmail.com

**NOOSA SHIRE:** wheelchair accessible property, Kin Kin area, 35 mins to Noosa Main Beach, 10+ ac, flat, grow-anything soil. Income potential in crops or propagation nursery, 50+ varieties f/trees & unlimited drinking quality spring water & huge dam. Main house is renovated cottage with modern kitchen, 2 b/rs, 2 bathrooms, spa bath, dishwasher, plus bungalow, fully screened. Many extras. Fully fenced lge children's yard. Also fully lined livable shed currently rented at \$75 pw. \$185,000. Ph: 07-5485-4324, 0408-896-190.

**WARWICKSHIRE,** 276 ac, 2 houses, 2 bores & mills, 3 dams, lge vegie organic garden, shade-house, 40 f/trees, some good standing timber, very peaceful. Make a good retreat. Both houses solar, gas & wood stoves. Suit GR people. \$215,000. Ph: 07-4695-0115.

**MALENY SOUTH-EAST QUEENSLAND,** 57 ac r/forest retreat, 2 ac cleared crk flats, stone & timber cottage + mudbrick studio, generator power. \$195,000. Ph: 07-3892-1018.

**SECLUDED PRISTINE RAINFOREST BLOCK,** Topaz, Atherton Tableland FNQ, 9 ha, huge shed, running crk, old water race, power avail, 15 mins to Malanda, views Mt Bartle Frere. \$95,000. Ph: 07-4095-3493.

**STANTHORPE DISTRICT,** 60 km west, 212 ac f/hold grazing hilly country beside Pike Creek. Good views to Glenlyon Dam. \$115,000. Ph: 07-5465-4377.

**RAINFOREST RETREAT & sml camping area** 2 km from nat pk, situated on pristine crk. Enviro-friendly, requires partner. This 20 ac property has huge potential in alternative tourism market. Website: www.bushcamp.net or ph: 07-4958-3204.

**QUEENSLAND'S PREMIER WINE DISTRICT:** Modern brick home, passive solar design, 2 lge b/rs, new \$17,000 RAPS solar power, gas cooker, 6 ac cleared, plus 31 ac bush hillside, 5 km Stanthorpe (5000 residents). \$119,000. Option to buy adjoining 44 ac. Ph: 07-4681-3182.

**MILLMERRAN,** 30 km from town, 22 ac, part cleared. Clearspan shed, plans to convert to home, septic, ph, power avail, sealed roads, school bus, water tanks, c/van, tractor, home lighting plant, chook yard, tool shed, garden sheds, lots more. \$45,000. Ph: 07-4695-4228.

All ads on these pages are accepted at the discretion of the publishers ☎

## VICTORIA

**TRENTHAM, CENTRAL HIGHLANDS, VICTORIA,** solar passive design/solar powered, 26 square 2-storey mudbrick house. Set in 2 ac organic permaculture garden/orchard. This is part of 20 ac forest block, 2 dams, wildlife, frogs, clean air. Surrounded on 3 sides by state forest. Altitude 720 m. One hr from Melbourne, Ballarat & Bendigo. For private sale – \$400,000, 15% deposit, 90 day settlement. Inspection by appointment only. Ph: 03-5424-1274 after 6 pm.

**TALLYGAROPNA, BUILDING BLOCK,** 3314 m², 15 mins nth of Shepparton. \$55,000. Ph: 02-6628-7873.

Email: aaleycat@hotmail.com

**ST ARNAUD, TWENTY ACRES,** dam, fenced, all services, 4 km from town. \$19,950 ONO. Ph: 03-5794-1837.

**SOUTH GIPPSLAND, NEAR LEONGATHA,** 2 hrs from Melbourne, 3 b/r renovated home with magnif views, 11 organic ac with fantastic soil, 2 dams (trout), shelterbelts, 60 x 80 shed, old dairy etc, 70 HP tractor & implements. Ideal berries/vegies/herbs or weekender. \$165,000. Ph: Mark, 03-5663-6200.

Email: mgibbons@dcsi.net.au

**SERPENTINE, VICTORIA, NEAR BENDIGO:** Garage, showroom, 4 b/r quality residence on 1 1/4 ac f/hold land. Beautiful hwy frontage with 2-street access on 4 lots. Large 5-bay workshop or ideal studio for tourist trade. Open treed paddocks. Statewide Towtruck Licence incl. Great oppo to buy existing f/hold/business or set up your own business with lge hwy exposure. \$180,000. Ph: 03-5437-8231.

**KANGAROOS, KOOKABURRAS, KOALAS** are here. Power & ph are very near, bushland, grassland, trees so tall. For your lifestyle plans, this has got it all. Seventy-six + ac b/w Port Campbell & Camperdown; gentle slopes, stockyard, dam. Ph: 03-5668-6220.

**PICTURESQUE AND PEACEFUL:** Mitta Mitta NE Vic, 16 ac. Shed/workshop with living area, solar 12V & water. Significant native garden, exotics & orchard. Valley views, water race feature, adjoins native forest. Offers invited. Ph: 02-6027-0636, or 0419-922-389.

## TASMANIA

**EAST COAST, UTTER PRIVACY,** 21 ac mature forest, 2 ac fenced & productive, 3 b/r house, alternative power, combustion stove, central heating, cathedral ceilings, wood floor. Abundant spring water. Ocean & coastal views, 5 mins to surfing beaches. \$90,000. Write: PO Box 81, ST MARYS, Tasmania 7215.

**CHARMING COTTAGE** on 20 ac, workshop, crk, dam. Spectacular views of picturesque valley, mostly pasture, with orchard of heritage apples (over 70 varieties). Forty mins Launceston, 10 mins Scottsdale. \$129,000. Ph: 03-6352-7267.

Email: dougcorrie@bigpond.com.au

# GRASSIFIEDS

## PROPERTY FOR SALE

### TASMANIA

**ELLEDALE:** This 105 ac property is 1 hr drive from Hobart, & offers a unique lifestyle or multiple occupancy. The farmhouse has 3 b/r's, a second family home + a further 3 self-contained chalets. It has traded as a tourist destination, has group BBQ facilities & theme park, a stunning r/forest walk, & possibly the purest water on the planet, being the first take-off point from Mount Field's snow-capped peaks. Water rights owned for next 50 years at 85,000 gal per day. \$260,000+ ONO. Ph: Jeff for details, 03-6224-3622, or 0409-199-348.

**HALFWAY BETWEEN DEVONPORT/LAUNCESTON,** 20 ac + home, perm water, fertile soil, organic gardens, f/trees & berries. Powered by 6.5 kW genny, 1/2 cleared, 1/2 bush, heaps of wildlife, suit self-suff. \$115,000 ONO. See <www.australiarealty.com.au> or call 03-6362-3510, 0419-564-456, 0408-171-901.

### WESTERN AUSTRALIA

**NULLAGINE, NORTH-WEST AUSTRALIA,** good gold country, fully-furnished 2 b/r house & 4 roomed transportable building suitable for extra accom/storage/workshops on lge estab town block. \$58,000. Ph: 08-9176-2058, or p.f.walsh@mail.com

**STRAWBALE COTTAGE,** 17 ac bushland, secluded, fenced, 25 mins Denmark, lge soak, close to Valley of Giants, permit café/cottage craft outlet. \$169,000. Ph: 08-9840-8102.

**HIGH QUALITY** potable spring water 270,000 l/24 hrs, 35 km PO Perth, 5 ac+, 2 titles, 2 storey, lge European-style farmhouse, rammed earth, 4 b/r, 2 bath, spa, d/c/port, workshop, shed, estab irrigated garden, f/trees, ponds, fishponds. \$425,000. Ph: 08-9397-5870, mob 0412-773-276.

## COMMUNITIES/SHARES

**LILLIAN ROCK** 17 km nth Nimbin. House, lounge/kitchen, open stone f/place, Rayburn heater, 2 beds, computer room, bathroom, septic toilet, lge all-round verandah, 3-room annexe, c/port, own dam, lovely view, 500 trees planted, lge solar system. \$150,000. Ph: 02-6689-7394. Email: arthurg@dnnet.aunz.com

### ATTENTION

#### GRASSIFIED ADVERTISERS

- For best results state your requirements clearly and succinctly, but avoid racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly.
- When writing in reply to Contact ads, please bear in mind that most advertisers do not wish to receive 'R'-rated letters. ☹

### PLACING AN AD?

See page 76 for details

**NEW ALTERNATE COMMUNITY** starting, mid north coast NSW, modelled on Bundagen Co-op (Coffs Harbour), 80 sites, no cats/dogs, near ocean beach & river. \$7000 per share. Ph: 02-6566-0087. See ad under Property NSW.

**ANYONE FOR A NONELECTRIC,** rural lifestyle? I have the land, if you have the willingness to share work, please write (no phone) to: Kevin Smith, Bingo-Tice Rd, BENAMBRA, Vic 3900.

**LAND SHARING CO-OPERATIVE** 40 km NW of Taree, NSW, 4 – 6 shares for sale in 10 – 12 member estab co-operative, 1259 ac adjoining state forest. Springs, perm water, power, ph, swimming holes, 700 m mountain peak, steep, forested, r/forest pockets, secluded valley, 30 mins to town. \$18,000 for unimproved sites, \$24,000 for improved sites. Ph: 02-6550-7229, or 02-6550-7324.

Email: peakex@tpg.com.au

Website: <http://mo.ontheinternet.com.au>

**WOULD YOU LIKE** to join our smoke & alcohol free community, 11 km Lismore, 25 km Ballina? Eleven ac, 700 macadamias, lge house. We focus on spiritual & personal growth by living totally communally, sharing living/sleeping space, income, workload, childcare. Philosophy & practice of openness, sharing, intimacy, loving, emotional support, open sexuality & above all having fun. Anyone game enough to join in is welcome. Ph: 02-6624-2804.

## PROPERTY WANTED

**FAMILY SEEKS TO RELOCATE.** Extensive experience in certified organic vegies, permaculture & small farm systems; interest in natural aquaculture. Will consider lease, share, caretake or purchase. Ph: 03-5856-1980.

## FOR RENT/CARETAKER WANTED

**HOUSE SIT NEXT WINTER** or longer in Queensland's Granite Belt. Quiet & beautiful but only 10 km from New England Highway. Own transport preferred. Ph: 0415-415-792.

**STYLISH ALL TIMBER THREE** b/r house on biodynamic orchard for lease. Temperate climate, 1.5 hrs Sunshine Coast, retired couple preferred, reference essential. Ph: 02-6775-1127.

**CHRISTIAN PERSON/S** to share house on 1 ac, 10 mins from Gin Gin with aim of later setting up community on larger property. Lynette, 07-4157-6062.

### NO ENDORSEMENT

Grassifieds are accepted in good faith, however, Grass Roots Publishing P/L does not necessarily endorse products and services advertised herein. ☹

**BEAUTIFUL UNIQUE SANDSTONE HOUSE** for rent. Capertee Valley, NSW between Lithgow & Mudgee. Long term or holiday rental avail. Three b/r + loft, open fire, slow combustion stove, solar hot water, newly carpeted, ph, elec, TV, stereo, 100 ac of land with fruit orchard & fully fenced vegie garden. On bus run. Ideal for family with primary aged children, to support local school, but all applicants considered. Rental \$110 weekly. Ring Alix on 02-6379-7214.

**RETIRED COUPLE WANTED,** caretaking duties 1 hr daily, c/van supplied, en suite. \$30 weekly rent, 30 km from Millmerran. Ph: 07-4695-4104.

**DOWN-TO-EARTH, ATTRACTIVE, LIBERATED,** educated, artistic lady, spiritually minded, mid fifties. Looking for male and female persons to rent mobile home and flat on a very attractive horse property, a caring community spirit essential, 10 mins out of Murwillumbah. Ph: 02-6677-9282.

## BUSINESS FOR SALE

**GARAGE, SHOWROOM,** 4 b/r quality residence on 1 1/4 ac f/hold land. For full description see under 'Property For Sale - Victoria'. Ph: 03-5437-8231.

## WANTED TO RENT/CARE-TAKE

**MATURE RESPONSIBLE WOMAN** with mature immaculate dog (Lab) requires small unfurnished open-plan dwelling with studio space, or small cottage with fenced yard, Newcastle area. Rental around \$90. Reply: Jill (GR149), C/- PO Box 117, SEYMOUR 3661.

**ACREAGE WANTED** to caretake, lease or vendor terms purchase of 50+ ac SE Qld. Water essential, undeveloped bush block preferred. Have own relocatable building. Commencing May 2002 or sooner. Ph: 07-5533-7382, 0414-875-382.

## OPPORTUNITIES

**JOINT VENTURE PARTNER** with property near Sydney wanted for small health retreat concept. Contact: Jonathan Richards, PO Box 410, SPRINGWOOD, NSW 2777.

Email: unitedpeoples@hotmail.com or 0410-600-480.

## PUBLICATIONS

**'UNDERGROUND HOUSE BOOK'** - Gardonway Publisher. \$40. Ph: 07-5442-9470. **BOOKS, OLD AND NEW,** send for general list. R Suters, PO Box 127, FIGTREE 2525.

**'NATIVE STINGLESS BEES'** for profit or pleasure - how to get started, pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBR, Box 74-G4, NORTH RICHMOND 2754.



# GRASSIFIEDS

## PUBLICATIONS

'GRASS ROOTS', issues 1 – 63, good cond. \$285 ONO (lot ONLY sale) + postage. Ph: 02-6686-5309, mobile: 0438-865-309.

'NEW VEGETARIAN & NATURAL HEALTH', the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

'NIMBIN NEWS MAGAZINE', is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 issues for \$20, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**HOME EDUCATION**, for info send SAE to: Alternative Education Resource Group, PO Box 461, DAYLESFORD 3460.

**STEINER HOME SCHOOLING?** A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$12 to: Golden Beetle Books, Box 329, BLACKHEATH 2785. Ph: 02-4787-5335, fax: 02-4787-5339. Visa-Mastercard.

[www.users.bigpond.com/goldenbeetlebooks/](http://www.users.bigpond.com/goldenbeetlebooks/)

**BOOKS, NEW AND OLD.** Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

## FOOD & KITCHEN

**QUALITY GRAINMILL AND JUICER PRODUCTS**, manual & electric, ph: 02-4751-2477. Web: [www.jucers.com](http://www.jucers.com)

**STONE GROUND FLOUR**, in-home, with a SCHNITZER German quality hand or electric stone mill, 10 models, from \$178. Send SAE for info, add \$5 for video. SCHNITZER MILLS, PO Box 1867, BOWRAL 2576. Ph: 02-4861-1581, fax: 02-4861-1249. Visit our website at [www.schnitzer.com.au](http://www.schnitzer.com.au)

**HOME STONE FLOUR MILLS** – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome. Website: [www.retsel.com.au](http://www.retsel.com.au)

### CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires. Call us on 03-5792-4000. ☘

DEADLINES: GR150 – FEBRUARY 28TH  
GR151 – APRIL 30TH

## MISCELLANEOUS

**HOW TO MAKE MONEY** selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050. Website: [www.supermoulds.com.au](http://www.supermoulds.com.au)

**'STRATH STEAM'**: stationary steam power generating systems. Ph: 08-8555-5257.

**TEEPEES, VIKING TENTS**, medieval tents, swags, buckskin clothing. Seventeen years experience. BOJO PRODUCTS, PO Box 112, AVENEL 3664. Ph: 0412-368-034, 03-5796-2753 AH.

Email: [bojo\\_products@hotmail.com](mailto:bojo_products@hotmail.com) Website: [www.frojel.com/members/bojo](http://www.frojel.com/members/bojo)

**SEPTIC TANKS – HOW TO BUILD** or how to maintain one. Don't desludge! Treat the cause. Booklet \$20. HG Stephens, PO Box 18, EAST MELBOURNE 3002.

## HEALTH AND BEAUTY

**PROPOLIS**: An ancient Greek word meaning a system of defence. A medicine cabinet in a bottle. Propolis is a pure organic substance produced by honey bees; with antiseptic antibiotic, antibacterial, antifungal & antiviral properties. Nature's premier preventative. The immune system is supported & strengthened. An ancient remedy, 15 ml \$9.50 + postage. Oshanic Herbal Pty Ltd, PO Box 765, BELMONT, Vic 3216. Ph: 03-5263-1175, fax: 03-5263-1175.

**OLIVE LEAF EXTRACT**, nature's antibiotic, safe to use. \$15/200 ml. Info/orders to: J Schloss, MS 571, MURCON 4605.

**LIVING NATURE AUSTRALIA**: Alive!!! Bio-active skin care from pure plant extracts/cold-pressed nut oils & NZ clays with natural preservatives, honey-based, light texture. Try: All natural shampoo & conditioner; manuka honey hand-cream, day/night creams; wild pansy sun filter etc. Leaflet/mail order/prices: Ph/fax: 07-3236-9223.

Email: [livingnatureaus@powerup.com.au](mailto:livingnatureaus@powerup.com.au)

**SKIN CARE PRODUCTS**: 100% naturally made by Enigmatique. Treat yourself to chemical-free products: cleansers, shampoos, creams, deodorant. Search our website: <http://home.iprimus.com.au/debbgood> for extensive range. Ph: 07-4152-5472 for brochure.

Email: [enigmatique@iprimus.com.au](mailto:enigmatique@iprimus.com.au)

**ZAPPY NAPPY** 'Nappies that don't cost the Earth'. Made of 100% cotton flannelette. One size fits newborn to trainers. Waterproof/breathable overpans, extra liners, patchwork bunny rugs, premature infant nappies and doll nappies. All of our products are quality Australian made. To order please tel/fax: 07-5442-8033, or write to: Zappy Nappy, PO Box 260, EUMUNDI, Qld 4562. Wholesale distributors are required in most areas. Please contact Zappy Nappy for more info.

## FOR SALE

**CROWN DOVER NO 7 STOVE**, stand, splash-back, used 3 short winters since restoration. \$475. Maleny, Qld. Ph: 07-5499-9824.

**SATELLITE PHONE, OPTUS**, land or boat, never used. Abandoned expedition owing to illness. Cost over \$6000, sell \$5000. Ph: 07-5496-4581.

**SOLAR EQUIPMENT**: Trace DR1512E automatic inverter/charger 12V, 1500W; Plasmatronics PL40 regulator & shunt; 6 only BP PV stor 2P1110 Amphour deep cycle batteries; control box with fuses etc; Rustic River energy monitor unit for house. All only 18 months old. EC Honda diesel elec remote start 5 kVA diesel only 2 months old. See working. Cost over \$10,000, sell \$8500. Ph: 03-5794-1837

**MICE TRAPS**, Row-ee multi-catch \$20, \$5 postage covers one or more. Harry Rowe, 79 Reddall St, LAKE ILLAWARRA 2528. Ph: 02-4296-1129.

## COURSES

**PERMACULTURE DESIGN COURSE**, 13th to 26th April 2002. This course is particularly focussed for people applying permaculture in the temperate regions of Australia. This is a professionally run course held on an estab permaculture property – limited to 15 participants. Contact: H Gravestine, 02-6494-2014.

**STUDY PSYCHOLOGICAL ASTROLOGY** to practitioner level from home. Prospectus: Astral Connections, PO Box 62, ST GEORGES BASIN, 2540 NSW.

Website: [www.shoal.net.au/~astral](http://www.shoal.net.au/~astral)

**CORRESPONDENCE COURSES**: Aroma-therapy Dip, Vitamin-Nutrition Dip, herbs, animal therapies (the Green Vet), folk medicine, psychic healing, Celtic, wicca, psychic self-development. Free brochure, ph: 02-9319-6166, or write: PO Box 138, SURRY HILLS, NSW 2010.

Email: [chrysalis@powerup.com.au](mailto:chrysalis@powerup.com.au)

**PERMACULTURE DESIGN COURSES** with Rick & Naomi Coleman, Southern Cross Permaculture Institute. Next course March 8 – 23, 2002. Call Naomi: 03-5664-3301 for info or, email: [scpi@tpg.com.au](mailto:scpi@tpg.com.au)

## GARDEN & ORCHARD

**COMPANION PLANTING CHART**: over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow When Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

**BAMBOO PLANTS**, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

Cost of Grassified ads does not include any extra formatting: extra bold text, indents, spaces, stars or other symbols. If you require an ad with formatting please enquire about our display advertising rates. Call Sue on 03-5792-4000. ☘

# GRASSIFIEDS

## GARDEN & ORCHARD

**SAFFRON, CROCUS SATIVUS**, BD grown stigmas – 1 gram \$10 + SAE. Mature corms avail until March, ea \$2.50, 10 for \$30 incl P&H. Bulk enquiries welcome. R Enders, RMB 712, RAGLAN 3373. Ph: 03-5349-7325.

**BOOK, ABSOLUTELY DELICIOUS LICORICE**, how to grow and use, by Isabell Shipard, & licorice sample – \$10; 3 licorice roots to grow – \$20; 2 vanilla plants – \$20; 4 curry trees – \$20; 6 betel pepper – \$20; 20 saw palmetto seeds – \$10. Shipards, Box 66, NAMBOUR 4560. Ph: 07-5441-1101.

**RAINFOREST SEED COLLECTORS** national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233

## LIVESTOCK

**AEGIS ORGANICS**, good quality Toggenburg dairy goats, robust, friendly. Easy milkers, all ages & grades, reasonably priced. We have 25 years experience & offer back-up advice & service with stock sold. Pat & Chris, 186 Emu Creek Rd, BULAHDELAH. Ph: 02-4997-4478.

## SERVICES OFFERED

**GIFTED PSYCHIC**: Please hand-write your questions & remember to incl your DOB. I am sincere & honest & also do dream analysis. Send questions or dreams to: Pete, C/- Long Flat PO, NSW 2446. Please incl \$30 chq or m/o.

**HOME PLANS. The Earth Builders Plan Catalogue** (180 pages), includes: 92 plans for handcrafted buildings (83 homes & 9 workshops, cabins & carport) of mudbrick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; a working drawing of a small loft floor home (12 x A3 sheets) is included. Mail \$95 (post & pack incl) to: John Barton – Building Design, 31 Sharp Street, NEWTOWN, Vic 3220. Email: jbarton@pipeline.com.au Enquiries to 03-5222-5774 for fixed quote to draw and document your home plan. Cheques, Mastercard, Bankcard, Visa accepted. Free 23 page brochure is available.

**RONITA, INDIAN CLAIRVOYANT**: Genuine service at reasonable rates – \$35 for 15 mins – credit card only, from 11am to 8pm. Ph: 03-5176-2521. Also visit: [www.ronitapsychic.com](http://www.ronitapsychic.com) for one free email question.

### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR, PO Box 117, Seymour 3661. We will re-address & forward it. Don't forget to put the issue no. on reply, i.e: Skye (GR 138). Remember, there will be no more Contact ads after this issue. ♀

### PLACING AN AD?

See page 76 for details

## HOLIDAYS

**RUSSELL ISLAND MAGIC**: Family holiday house, hilly bay view cycling, bushwalks, sandy beach, fishing, sailing, outrigger canoes, B&B 'canoe-maran'. See: [canoeworld.com](http://canoeworld.com) or ph: 07-3409-1960.

**NIMBIN AREA**, cabin, caravans, subtropical garden, inside large community. Ph: 02-6633-7037. Web: [www.spot.com.au/~sundara](http://www.spot.com.au/~sundara)

**MORUYA – FAR SOUTH COAST NSW**, bush cabins, romantic 1 b/r and family 2 b/rs. Big open fires. Horses, dogs welcome by arrangement. \$300 per week, \$125 per weekend. Ph: 02-4474-2542.

**LAMINGTON GLEN**, r/forest retreat, secluded cabin – everything supplied except food. Ph: 07-5544-8166.

**FINCH HATTON GORGE**, Eungella Nat Pk Qld. Platypus bush camp, camping & tree huts, great walking area, the alternative holiday. Ph: 07-4958-3204.

Website: [www.bushcamp.net](http://www.bushcamp.net)

## HANDCRAFTS

**STRANDED COTTON BUNDLES**, 100 x 8 m skeins, 50 colours – \$22 post free. Big bundles stranded cotton, 230 colours – \$50 post free. Weaving reeds, 8 – 15 dents. Send 45 c stamp for list. ARTY & CRAFTY, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763, fax: 08-8277-9402.

**BEADS BEADS BEADS** – unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Catalogue is \$10 with samples. Please send payment to: Tsunami, PO Box 129, WALPOLE 6398.

## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA) and ECO-CHOICE (our mail-order store). Enquiries; information; clinics; membership & catalogue. Contact NAAA, PO Box 48, HARRIS PARK, NSW 2150. Ph: 0415-928-028. Email: [naaaauz@yahoo.com](mailto:naaaauz@yahoo.com).

## CONTACTS

### NEW SOUTH WALES

**SPIRITED, SENSUAL, HONEST**, nature-loving, multitallented, caring, equality, open-minded, humane, thoughtful, slim, long hair, grey eyes, 31 yr old. Looking for soul mate, national-ity open. Write: PO Box 128, SOUTH GRAFTON, NSW 2460.

**SINGLE FARM WORKER**, 46 yrs old, n/s, s/d, 162 cm tall, weight 70 kg, lives Dubbo area, into gardening, music, travel. Seeks lady any age for friendship, companionship. MS (GR149), C/- PO Box 117, SEYMOUR 3661.

SEE 'BORDER LADY, VIC'.

## QUEENSLAND

**GENTLEMAN**, retired UK professor, youthful 63 yr old, Leo, slim, healthy, clean shaven, 177 cm, not bald or grey, n/s. Loves female company, dining, theatre, beach, books, trips, gardening, renovating. Lovely home on 5 ac, seeks younger, slim, healthy, intelligent lady. Frazer Coast. Ph: 07-4122-4546.

**TRUE POSTAL CONTACTS** for lone singles 18 – 80. Send SSAE to 172 Lucas Drive, LAM ISLAND, Qld 4184.

## VICTORIA

**COUNTRY VICTORIA**, guy, early 30s, part Scandinavian, needs another guy. Slim, good looks, nonscene, AIDS free, own place or will move. Photo if possible. Honest, genuine, discreet. Jim Cody, PO Box 313, COLAC 3250.

**WOMAN, EARLY SIXTIES** with energy for sport, travel, music, nature, homecrafts, loving & laughing. Looking for compatible country bloke. 'Matilda' (GR149), C/- PO Box 117, SEYMOUR 3661.

**BORDER LADY**, independent (to a degree), fit, 57, attractive, works part time. Home in picturesque valley – major centres nearby. Looking to meet unattached, intelligent, 55 – 65 yrs, fit, who enjoys similar interests: outdoors, music, theatre, dining in/out, and other good things. Must be N/S, N/G who takes good care of himself but could do with some help! Reply with recent photo if possible to: 'Robyn' (GR 149), PO Box 117, SEYMOUR 3661.

**MAN SEEKS** skinny n/s lady 50+ who loves bush life, classics, art nature. Reply: JW (GR149), C/- PO Box 117, SEYMOUR 3661.

## AUSTRALIA-WIDE

**CREATIVE WOMAN**, 49, wishes male travelling companion who is financially secure, well-travelled, with organisational skills; for budget travel to Latin America & Caribbean to possibly estab tourist-oriented enterprise. Contact: Jan (GR149), C/- PO Box 117, SEYMOUR 3661.

## PLEASE NOTE

This will be the last Contacts section in *Grass Roots*. Interest in this column has quite rightly been falling as readers looking for partners become aware of the many new ways of doing so via the Internet, local press etc. We would like to thank the many readers who have supported this column in the past and wish them the best of luck for the future. ♀

# GRASSIFIEDS

## LATE GRASSIFIEDS

**COMBIENBAR, TEN ACRES**, 5 yr old Hardiplank home, verandah 3 sides, solid fuel heating, open plan living 3 – 4 b/rs. All cleared, good pasture. Pig, chook, wood, workshop, hay or truck/car sheds, orchard, disused dairy, 45 mins to pristine beaches, secluded valley with 47" annual rainfall. \$93,000 ONO. Ph: 03-5158-5202 or 0429-969-148.

**OMEIO AREA, 38 ACRES**, some bush, sml dam, c/van, sheds, 200 apple trees, other f/trees, tagasaste, run 100 superfine wool Merinos. More info/details, email Charlie at Ariestao@bigpond.com

**WEDDERBURN FIVE MINUTES**, Bendigo 50 mins, 60 ac. Spectacular views, great climate, SEC, ph, 2 dams, ample r/water. Two b/r home, 11 yr old open plan, timber kitchen, terracotta & carpeted floors. Nectre wood heater with hot water jacket linked to solar & SEC, 20 x 30 shed. Established garden, f/trees, lge above-ground swimming pool, heaps potential. \$96,000 ONO. Ph: 03-5494-7311.

**GRAMPIANS/RHYMNEY, 101 ACRES**, fully fenced, dam, crk, magnif veivs of Grampian Ranges. Undulating property, ideally suited for olives or wine. Ideal property for wind power. Comes with A-frame house, sheds, 240V electric start generator, 15,000-lt w/tank, ph connected. Ararat or Halls Gap 20 mins. Owner willing to throw in 1600 mudbricks. Ph: Keith, 0429-439-823.

**DEADLINES: GR150 – FEBRUARY 28TH  
GR151 – APRIL 30TH**

**GLENREAGH**, 30 mins Coffs Harbour, 3 b/r timber home situated in a peaceful 1.5 ac bush setting in Orara Valley. Includes lge barn suitable for tourist accom, horse paddock & 7 ac riverfront crown lease suitable grazing/horticulture. Town/tank water. Fruit trees, poultry shed. Ideal horse property, was used as trek base. \$157,000. Ph: 02-6649-0960.

Email: ctma@nor.com.au

**GRAYTOWN, NAGAMBIE & GOULBURN RIVER** 21 km, 1 ac block in state forest. Bus & shed, ph, w/tanks. Peace & quiet, 120 yr old mulberry tree. \$15,000. Ph: 0403-854-570.

**1770, 308 ACRES**, shed with c/van, 2 dams, crk, 3 km to school & township, 50 km 1770. Grassroots lifestyle & more. Ocean access 20 km, boat ramp Baffell Crk. \$145,000. Ph: 07-4121-5028.

**MID NORTH COAST**, Bowraville, 177 ac prime organic land, backs onto state forest, r/forest pockets. Organic last 22 years. River frontage, swimming holes, 3 b/r Queenslander timber house. Gas/wood stoves, 70 different varieties of fruit/nut trees, 3-phase power, 2 ex-dairy bails, barn, 7-bay shed, school bus, mail post door. Peaceful, private, 20 km town, 35 mins beaches. \$280,000. More details: 02-6564-4067. www.australiareality.com ref B130187

**MANILLA-BARRABA**, 69 km Tamworth, 330 ac undulating to hilly. Some white box woodland. Three b/r restored cottage with superb views. Solar water supply. Pretty creek, 5 paddocks, bitumen rd. Plus 3-room former workers' hut, UC parking 3 vehicles, mains power, cattle-yards, bail, 185 species birds in region. \$165,000. Ph: 02-6785-6510.

**GYMPIE** 20 mins, Tin Can Bay 40 mins, 3+ ac fully fenced. Two houses, 1 x 3 b/r low set, 1 x 2 b/r 2 storey, both private & on crk. Bore to houses & gardens, sheds, fruit, palms, good soil, school bus at door, tropical feel. Same owners 18 yrs. \$155,000. Ph: 07-5486-5141.

**RIVER FRONTAGE**, 4 shops & home on 2 titles for exchange or trade. Business avail if reqd. Northern Rivers. Ph/fax: 02-6683-2955 or 02-6683-2712.

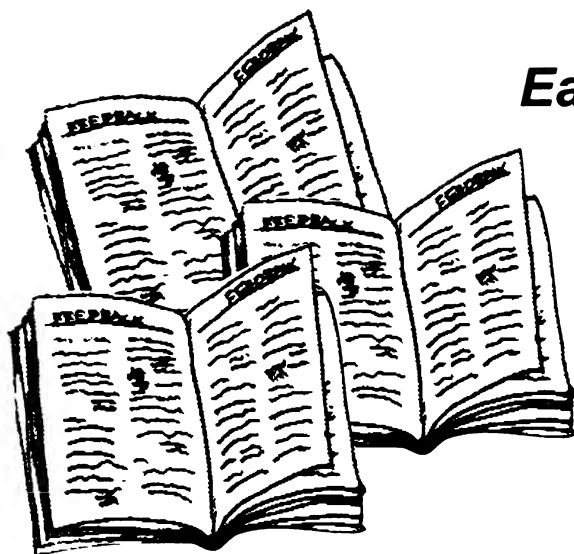
**BICHENO**, east coast Tasmania. Available to careful families is a self-contained holiday house overlooking & close to the ocean and township. Secluded bush setting. Sleeps 5. Nearby are Freycinet & Douglas Apsley Nat Pks. Come & explore our pristine coastline. Ph: 03-6375-1230.

**BURNETT HIGHWAY – WEST OF GYMPIE**, furnished 2 b/r cottage, storeroom, dble c/port + c/van, ample water, f/trees, school buses at door, buses nth & sth. \$45,000 Ph: 07-4168-7154 after 7pm.

**FAMILY SEARCHING** lge farmhouse, shed, ac, Tasmania (nth), excel references. Louisa, 07-4630-1141.

## Can't find your back copies?

*What you need is a binder to keep them in order!*



*Each binder is rich burgundy  
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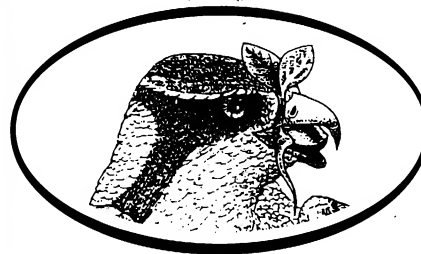
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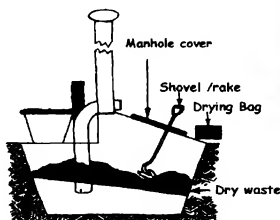
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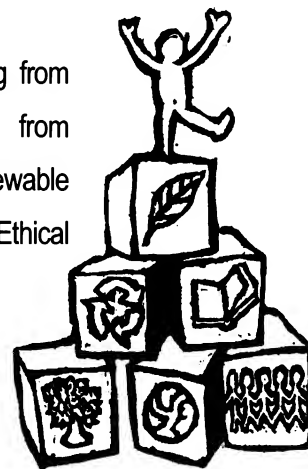
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